BEST FOR ON DEMAND & SKY

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TV & Streaming week

27 JUNE-3 JULY 2026

LIVE! WORLD CUP
How to save penalties, as the knockout stage begins...

NEW ELLE
The prequel to Legally Blonde comes to TV

EXCLUSIVE! WIMBLEDON
Our guide to the grass-court action

EXCLUSIVE PREVIEW

Meet the new HARRY POTTER!

All the on-set secrets from the magical series

HotList This week's 28

Saturday 27

Life, Larry and the Pursuit of Unhappiness

***COMEDY** HBO Max*

As America celebrates 250 years of independence, who better to front a celebration than *Curb Your Enthusiasm*'s Larry David? ***See Your Watchlist, page 16***

Women's T20 World Cup

***CRICKET** Sky Sports & Sky Mix*

As we get to the end of the group stage, today's fixtures include West Indies v Ireland (play starts 2.30pm) and England v New Zealand (6.30pm). The semi-finals follow on Tuesday and Thursday.

Alexander Armstrong Across America

***TRAVELOGUE** 5, 8pm*

The presenter (above) sets off on a trip through the USA, starting in Philadelphia, where the Declaration of Independence was signed. ***See Documentaries, page 20***

World Cup

***FOOTBALL** ITV1, kick-off 10pm*

England face Panama in their final group game. Depending on the results so far, tonight could confirm who their next opponents will be and when they will next be playing. ***See Sport Week, page 28***

■ Full listings start on **p35**

Sunday 28

F1: Austrian Grand Prix

***MOTORSPORT** Sky Sports F1 & Sky Sports Main Event, race starts 2pm*

Having finally won an F1 race in Ferrari red at Barcelona, Sir Lewis Hamilton (above) will hope for another top finish in Spielberg to bolster his place in the standings.

World Cup: Round-of-32

***FOOTBALL** BBC1 or ITV1, kick-off 8pm*

The knockout phase begins with the runners-up of Groups A and B playing each other – which could potentially see two of the host nations, Mexico and Canada, facing off. ***See Sport Week, p28***

Watson

***DRAMA** Sky Witness, 9pm*

Cut short by a sudden cancellation in the US, the drama wraps with a twist when John Watson (Morris Chestnut, above) discovers his visions are due to a brain tumour. A wild end to a show that won't be returning.

Taylor: A Story of Love

***DOCUMENTARY** C4, 11pm*

This one-off details the build-up to, and fallout from, Taylor Swift's announcement in 2025 that she was engaged to NFL star Travis Kelce (pictured with Swift) – and how her love life has affected her songwriting.

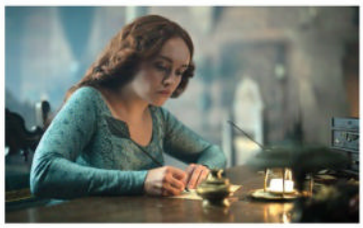
■ Full listings start on **p45**

Monday 29

Rolf Harris: Primetime Predator

***DOCUMENTARY** Prime Video*

Three years on from the death of Harris (above), who was convicted of multiple counts of indecent assault, survivors who have never spoken publicly before speak out.



House of the Dragon

***FANTASY DRAMA** HBO Max; & Sky Atlantic, 9pm*

As the third run continues, will Aemond (Ewan Mitchell) detect the threat from his mother Alicent (Olivia Cooke, above)? ***See feature, page 8***

Wimbledon

***TENNIS** BBC1, BBC2 & BBC iPlayer*

Coverage of the first day's play at SW19, which is traditionally when the men's singles champion, currently Italy's Jannik Sinner (above), begins the defence of his title. Continues all week. ***See feature, p6***

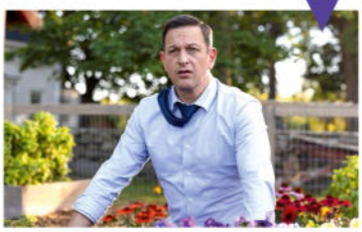
Terror on the Space Station

***DOCUMENTARY** PBS America, 8.55pm*

For over 25 years, humans have been aboard the *International Space Station*, but it's not been a smooth ride, as this two-part docuseries reveals. Concludes tomorrow. ***See Documentaries, page 21***

■ Full listings start on **p55**

Tuesday 30



Best Medicine

***COMEDY DRAMA** Sky One, 8pm*

Martin (Josh Charles, above) causes a town-wide blackout when he offends the recluse in charge of the power grid. The resulting darkness leads to chaos, while Louisa and Mark find a romantic spark.

The Light in the Hall: Still Waters

***DRAMA** C4, 9pm*

At Mrs Lewis' farm, Mabli (Maeve Courtier-Lilley) makes an upsetting discovery, then when she plans another protest, events spiral out of control. Concludes tomorrow.

The Pike County Murders: A Family Massacre

***DOCUMENTARY** U&W, 9pm (box set, U)*

A three-part examination of the fatal shooting of eight members of the same family in Ohio in 2016.

● *Previously shown on Prime Video/Hayu*

World War II with Tom Hanks

***DOCUMENTARY** Sky History, 9pm & 9.55pm*

In a double bill, we learn how Winston Churchill advocated an invasion of Sicily, and how the Allies sought to challenge the aerial superiority of the Luftwaffe.

■ Full listings start on **p65**

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best shows

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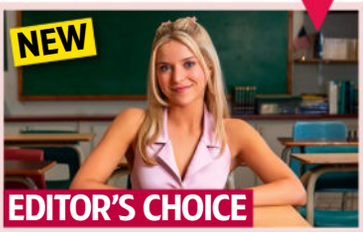
27 JUNE-3 JULY 2026

Wednesday 1



Elle

COMEDY Prime Video

In this prequel to *Legally Blonde*, we meet a younger Elle Woods (Lexi Minetree, above) as she adjusts to high-school life in Seattle after leaving LA behind. *See Your Watchlist, page 17*

Enola Holmes 3

COMEDY DRAMA Netflix

In the third instalment of the series, Enola (Millie Bobby Brown) is preparing to marry Lord Tewkesbury (Louis Partridge) when her brother's sudden kidnapping sparks a rescue mission in Malta.

England v India: 1st T20

CRICKET Sky Sports Cricket & Sky Sports Main Event, play starts 5.30pm

England's men face India in the first of five T20 clashes. India's 15-year-old superstar Vaibhav Sooryavanshi (above) could make his senior international debut.

Fire Country

DRAMA Sky Witness, 9pm

Max Thieriot (above) and Jules Latimer return for a fourth run of the firefighting drama. Bode and his colleagues at Station 42 are faced with both personal upheaval and a high-stakes rescue.

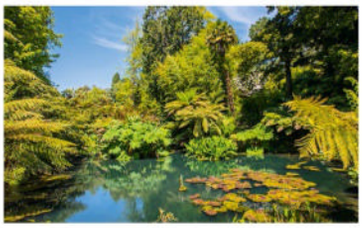
■ Full listings start on p75

Thursday 2

Human Vapor

SCI-FI Netflix

The 1960 Japanese film *The Human Vapor* is rebooted as an eight-part serial starring *Godzilla Vs Kong*'s Shun Oguri. A mysterious killer can transform his body into gas and slip through any barrier...



Cornwall: A Year by the Sea

DOCUMENTARY 5, 8pm

The 19th-century Gardens of Heligan – which lay unnoticed for 70 years – are featured in this week's look at the history, landscape and culture of the county.

Tilda Swinton: The Wildcards

DOCUMENTARY Sky Arts, 9pm

A profile of one of Britain's most enigmatic actors (above), who is as well known for her indie roles as for her appearances in blockbusters such as *Doctor Strange*.

Below Deck

REALITY E4, 9pm

It's Season 12 aboard the superyacht *St David* in the Caribbean, and Captain Kerry Titheradge (above) runs a tight ship – but will new chef Lawrence Snowden sink or swim? Continues tomorrow.

■ Full listings start on p85

Friday 3

Silo

SCI-FI Apple TV

The dystopian drama returns for a third season, and Juliette (Rebecca Ferguson) is struggling to understand what has happened to her following her time in the incinerator. *See Your Watchlist, page 14*

The Pitt

DRAMA HBO Max

As the real-time medical drama reaches the end of Season 2, Robby (Noah Wyle) is forced to confront his severe burnout after a harsh wake-up call from his colleagues. *See feature, page 11*

Dutton Ranch

DRAMA Paramount+

In the season finale of the *Yellowstone* spin-off, Rip and Beth (Cole Hauser and Kelly Reilly, both above) must protect all they've worked for when revelations about Beulah Jackson's herd lead to a stand-off...

Al Murray: All You Need Is Guv

COMEDY Sky One, 9pm

The Pub Landlord (above) returns to give us his 'common sense' look at today's mad world, while those in the 'splash zone' try to stay dry. *See feature, page 12*

■ Full listings start on p95

Welcome to this week's issue of your favourite TV guide. It's another huge week in sport as the World Cup enters the knockout stage and Wimbledon gets under way on the grass courts of SW19. If you're looking for a summery break from the football and tennis, don't miss *Elle*, a perky prequel series to hit movie *Legally Blonde*.

There's also the return of Apple TV's sci-fi thriller *Silo*, while we've got a behind-the-scenes guide to the biggest event in the TV calendar, as HBO Max puts the finishing touches to its epic Harry Potter series, coming to screens later this year.

Enjoy your TV week.

Claire Ruck, Editor-in-Chief

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A special preview of HBO Max's upcoming Harry Potter reboot – including secrets from the set

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ALL TRANSMISSION DETAILS GIVEN ARE CORRECT AT THE TIME OF GOING TO PRESS. COVER PHOTOS: PHOTOGRAPHED BY AIDAN MONAGHAN/HBO, MD – STOCK.ADOBE.COM, FIFA VIA GETTY IMAGES, GETTY IMAGES, PRIME VIDEO. HOTLIST WORDS: LYNETTE BRIGHTON, IAN FARRINGTON. HOTLIST PHOTOS: GETTY, PRIME VIDEO/ABC, SHUTTERSTOCK

Dominic McLaughlin as Harry

NEW FROM HBO max

Broomsticks at the ready... Boy wizard **Harry Potter** is heading back to Hogwarts in the TV event of the year

Here comes Harry!

PREVIEW FANTASY DRAMA

Harry Potter

Christmas, HBO Max

Millions of Muggle fans will soon be back into the wizarding world of JK Rowling when HBO Max's Harry Potter TV series makes its long-awaited debut this Christmas.

Based on the first book, *Harry Potter and the Philosopher's Stone*, the eight-part series comes 25 years after the original blockbuster movie starring Daniel Radcliffe was released.

Designed to run for more than a decade, the new series will stretch to seven seasons and become one of the most expensive TV shows of all time.

As Harry gets set to cast a spell over us once again, here's everything we know about the series so far…

The new Ron, Harry and Hermione

Lox Pratt as Draco

Alastair Stout as Ron

GRYFFINDOR GANG

More than 30,000 youngsters auditioned for roles in the show after HBO Max held an open casting call. Scottish youngster Dominic McLaughlin was 11 when he was cast as Harry last year, the same age as Daniel Radcliffe when he was chosen to star in the movies in 2000.

Meanwhile, Arabella Stanton and Alastair Stout will play Harry's best friends in Gryffindor, bookworm Hermione Granger and mischievous Ron Weasley, while *Lord of the Flies'* Lox Pratt is Slytherin schemer Draco Malfoy.

WORDS: SEAN MARLAND. PHOTOS: HBO MAX, ADOBE STOCK, ©WARNER BROS. PHOTOGRAPH BY AIDAN MONAGHAN/HBO. PHOTOGRAPH BY LARA CORNELL/HBO, ©WARNER BROS. PICTURES 2004/PUBLISHING RIGHTS ©JK ROWLING/MURRAY CLOSE, ©WARNER BROTHERS INTERNATIONAL TELEVISION

SNAPE CHARMER

Played by Alan Rickman in the movies, Professor Severus Snape has a key role in the saga, with Paapa Essiedu cast as the potions master in the upcoming series. The actor, who has appeared in *Falling* and *The Capture*, admits he's never seen the movies, but was a huge fan of the books as a child.

'I was an avid reader as a kid,' he says. 'My mum couldn't afford a babysitter in the holidays, so she would take me to the library. The books were escapism when other things were less easy for me.'

Like other cast members, Essiedu's signed on to the series for several years.

'It's a big commitment,' he says. 'I'll be 45 by the time I finish and I know my life is going to change in a big way, but I just have to surrender to that. I could have my own children by the end of this!'

Alan Rickman

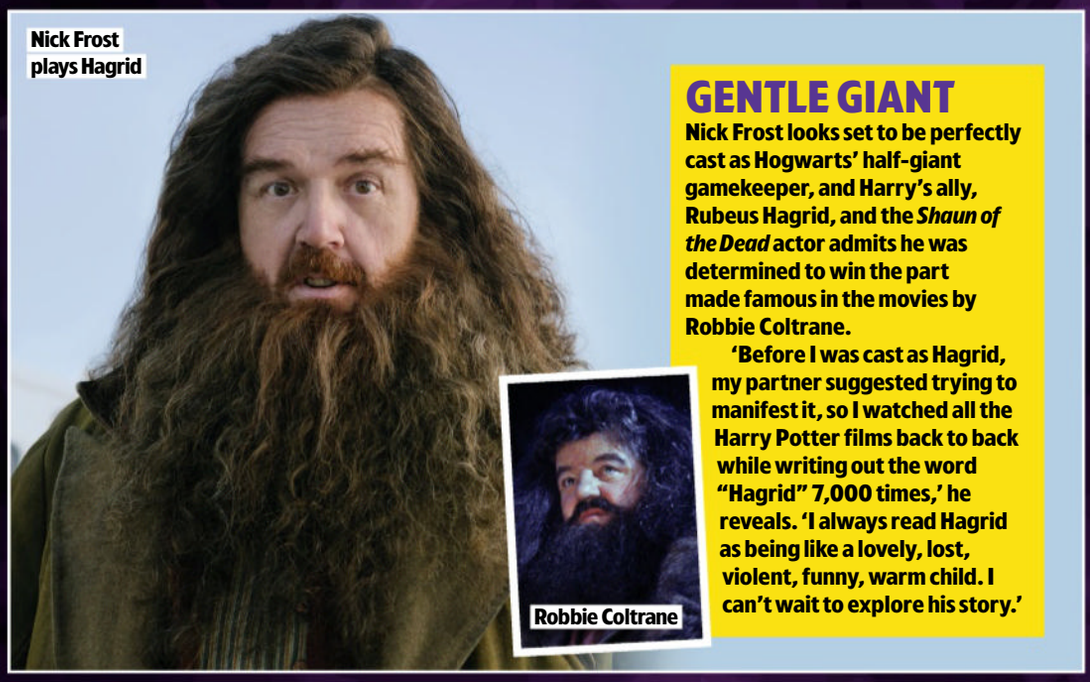
Paapa Essiedu as Professor Snape

PASSING THE TORCH

Daniel Radcliffe has revealed he has written a letter to newcomer Dominic McLaughlin (not sent by owl) and got a 'very sweet note back'.

'I don't want to be a spectre in the life of these children, but I wanted to write to Dominic to say I hope he has the best time', says Radcliffe, now 36. 'I see these pictures of him and the other kids and I just want to hug them. They just seem so young. It's crazy I was doing the same thing at that age. But it's also incredibly sweet and I hope they're having a great time.'

The original Ron, Harry and Hermione



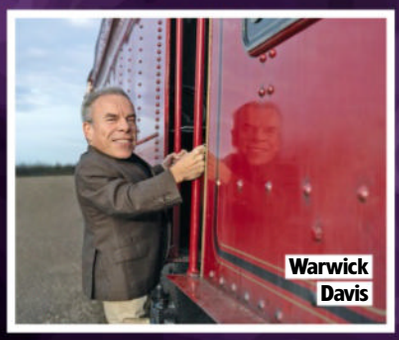
Nick Frost plays Hagrid

Robbie Coltrane

GENTLE GIANT

Nick Frost looks set to be perfectly cast as Hogwarts' half-giant gamekeeper, and Harry's ally, Rubeus Hagrid, and the *Shaun of the Dead* actor admits he was determined to win the part made famous in the movies by Robbie Coltrane.

'Before I was cast as Hagrid, my partner suggested trying to manifest it, so I watched all the Harry Potter films back to back while writing out the word "Hagrid" 7,000 times,' he reveals. 'I always read Hagrid as being like a lovely, lost, violent, funny, warm child. I can't wait to explore his story.'



Warwick Davis

FUN FACTS

- Original cast member Warwick Davis will be returning as charms professor Filius Flitwick. He's joined by Janet McTeer as Professor Minerva McGonagall, Paul Whitehouse as caretaker Argus Filch, Katherine Parkinson, who plays Mrs Weasley, Johnny Flynn as Lucius Malfoy, and Daniel Rigby and Bel Powley (both right) as the Dursleys.

- A steam locomotive called *Wightwick Hall* will double for the *Hogwarts Express*, having been saved from a salvage yard and lovingly restored by volunteers.

- With so many young actors in the cast, Warner Bros has built a temporary school at Hertfordshire's Leavesden Studios for them to study in for real when they're not practising spells at Hogwarts.

- Fan-favourite book character, mischief-making Peeves the poltergeist, didn't feature in the movies, but will be portrayed in the TV series by comic actor Peter Serafinowicz.

WISE WIZARD

Dexter and *3rd Rock from the Sun* actor John Lithgow will play beloved Hogwarts headmaster Albus Dumbledore, portrayed in the films by Richard Harris and Michael Gambon. And the versatile actor is confident he can pull off a British accent.

'I'm not an Englishman, although I've played one on TV,' he says. 'I remind everyone that I did play Winston Churchill in *The Crown* and did just fine.'

Lithgow jokes about being the oldest actor in the cast.

'I turned 80 last October and yet I signed a contract to play Dumbledore for the next eight years,' he smiles. 'I felt, "Wow! That means I will live to be 88." I have that in writing.'

John Lithgow as Dumbledore

Michael Gambon

Current men's champion Jannik Sinner

The BBC's **Annabel Croft** answers all the burning questions as the world's most prestigious Grand Slam begins...

Strokes of genius

WORDS: SEAN MARLAND. PHOTOS: ADOBE STOCK, GETTY

LIVE TENNIS

Wimbledon

Monday-Friday, times vary, BBC1, BBC2 & BBC iPlayer

Serena and Venus Williams

Novak Djokovic

The hallowed grass courts of the All England Club are ready and waiting as the world's finest tennis players begin their quest for glory when the Wimbledon Championships begin this week.

Former tennis ace Annabel Croft, 59, is part of the BBC team bringing viewers every game, set and match from SW19 over the next fortnight. Here's what she thinks we should look out for…

WILL JANNIK SINNER WIN AGAIN?

World No 1 Jannik Sinner will be hot favourite to retain the men's singles title he won last year, especially with two-time champion Carlos Alcaraz missing the Championships through injury.

'I expect Sinner to be very dominant, especially after the year he's had,' says Croft. 'I was shocked to see him fall apart in the heat at the French Open, but I don't expect that to happen on the grass at Wimbledon. With Alcaraz out, I'm not sure who can challenge Sinner, but Alexander Zverev could push him close. The German will be full of confidence after winning his first-ever Grand Slam in Paris.'

2025 champion Iga Swiatek

CAN NOVAK DJOKOVIC MAKE HISTORY?

Novak Djokovic will be launching a bid to equal Roger Federer's record of eight Wimbledon titles, and many believe the grass courts will provide the Serb with his best chance to win a historic 25th Grand Slam.

'Djokovic is 39 now and is finding it more difficult physically,' explains Croft. 'He's made no secret of the fact that it's hard for him to take on Sinner and Alcaraz at a Grand Slam, but now that Alcaraz isn't there, it changes things. And let's not forget Djokovic beat Sinner in Australia a few months ago. There's so much at stake for him and he certainly knows how to play on grass.'

WHO ARE THE CONTENDERS IN THE WOMEN'S SINGLES?

Iga Świątek claimed her first Wimbledon title in resounding fashion when she thrashed Amanda Anisimova 6-0 6-0 in last year's final. She'll face stiff competition from World No 1 Aryna Sabalenka, who's aiming to win at SW19 for the first time.

'Kazakhstan's Elena Rybakina, who won the title in 2022, could be the one to watch,' says Croft. 'Sabalenka is ready to win Wimbledon, but there's a question mark over her, because she's getting jittery in the big moments. US star Coco Gauff and Russia's Mirra Andreeva could also do well. The women's draw is so open – it's like the Grand National!'

Emma Raducanu

Cam Norrie

HOW WILL SERENA WILLIAMS PERFORM IN HER COMEBACK?

She won Wimbledon seven times before hanging up her racquet in 2022, and the 44-year-old's decision to come out of retirement at Queen's earlier in June has sparked excitement at the All England Club.

'Seeing Serena return to play doubles with her sister Venus is going to be incredible,' says Croft. 'When she played at Queen's Club, she got one of the most extraordinary receptions I've ever seen. It's 26 years since she and Venus first won the Wimbledon doubles together and no one will want to be drawn against them this year.'

WILL EMMA RADUCANU RETURN TO HER BEST?

British star Emma Raducanu has been playing well in recent months and will be hoping to rediscover the form that led her to the US Open title in 2021.

'Raducanu got to the final of Queen's, which is perfect preparation for Wimbledon,' says Croft. 'With her beautiful sliced backhand, she has a game very well suited to grass. She's looking the best I've seen her in five years, and she has a chance to do extremely well this year. Plus, she's also back with Andrew Richardson, the coach who helped her win the US Open in 2021.'

CAN THE BRITISH MEN MOUNT A CHALLENGE?

British stars Cam Norrie and Jack Draper face a battle to be fit, but if Draper does recover from injury, he'll be helped by a familiar face at the All England Club, with two-time champion and former World No 1 Sir Andy Murray joining his coaching staff.

'Jack couldn't have anybody better than Andy Murray as he's one of the best competitors the game's ever seen,' says Croft. 'But after all the injury problems he's had over the last year, it's going to be very difficult for Jack to turn up and start motoring again, even if he is fit. I saw Cam Norrie, who reached the semi-final at Wimbledon a few years ago, at Queen's and he was also struggling, so fingers crossed.'

Prince of darkness

Ruthless dragonrider **Aemond Targaryen** has a new target in his sights

FANTASY DRAMA

House of the Dragon

From Monday 29 June, HBO Max (ep 2 of 8; released weekly); & Monday, 9pm, Sky Atlantic

Prince Aemond Targaryen is on a savage mission to capture the forbidding Harrenhal castle as Season 3 of epic fantasy drama *House of the Dragon* continues

A fearsome fighter, Aemond – the second son of the late King Viserys I and Alicent Hightower – has long been a key member of the Greens in their bloody civil war with rival faction the Blacks to claim the Iron Throne.

Until now, Aemond had always felt impregnable as he rode the skies on Vhagar, the largest and most terrifying dragon in Westeros. But after his bitter foe, half-sister Queen Rhaenyra (Emma D'Arcy), found three new dragonriders, Aemond realises his power is slipping.

POWER-HUNGRY

'Aemond is outnumbered, outgunned and outmanned,' says Ewan Mitchell, who plays the sadistic royal. 'So, he knows he's going to have to approach the war from a very strategically different place – without being in full control.

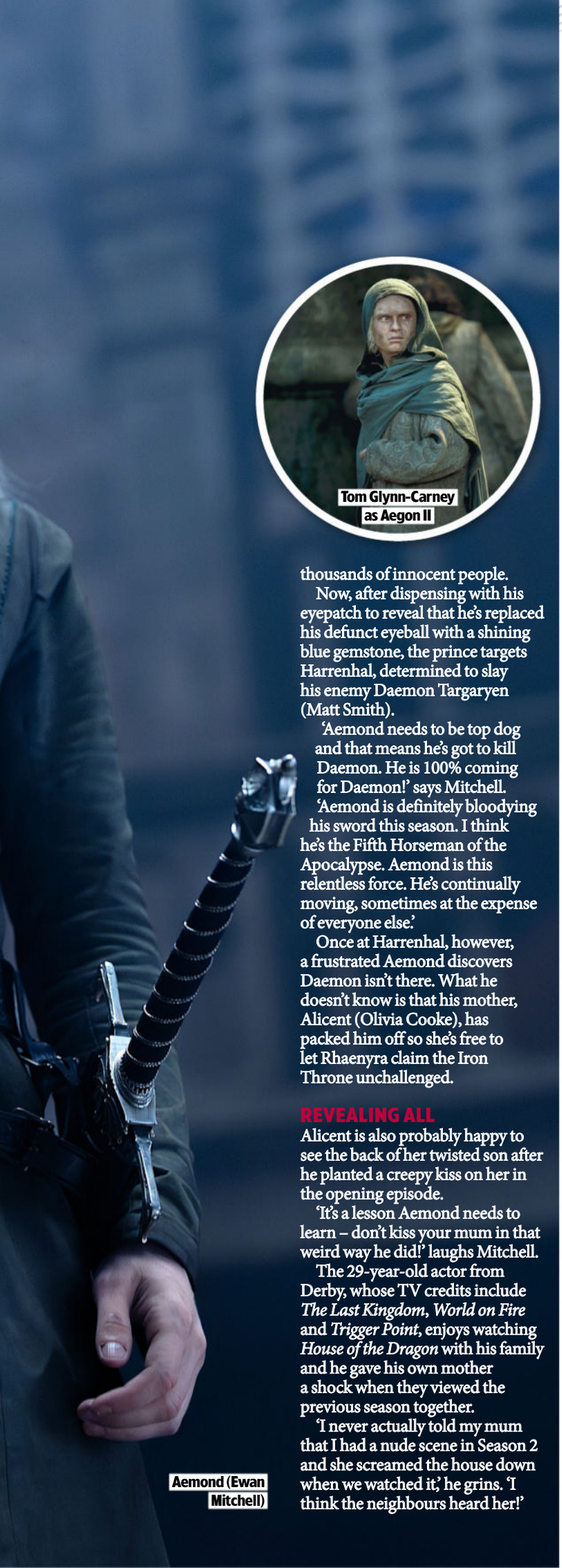
'Desperate times demand desperate measures. And you don't want to see Aemond desperate, because he might do something even worse than you think he could…'

We've already seen how ruthless Aemond can be. In Season 2, after a lifetime of being belittled and humiliated by his older brother, King Aegon II (Tom Glynn-Carney), he took his revenge at the Battle at Rook's Rest, when he deliberately commanded Vhagar to breathe fire on Aegon, who was left extensively scarred.

Later, after discovering that Rhaenyra had found riders for her dragons, a furious Aemond took out his fury by using Vhagar to burn down the town of Sharp Point, killing

On the Iron Throne

WORDS: DAVID HOLLINGSWORTH, GRACE MORRIS. PHOTOS: BBC, ITV, HBO MAX, SKY



Tom Glynn-Carney as Aegon II

Aemond (Ewan Mitchell)

thousands of innocent people.

Now, after dispensing with his eyepatch to reveal that he's replaced his defunct eyeball with a shining blue gemstone, the prince targets Harrenhal, determined to slay his enemy Daemon Targaryen (Matt Smith).

'Aemond needs to be top dog and that means he's got to kill Daemon. He is 100% coming for Daemon!' says Mitchell. 'Aemond is definitely bloodying his sword this season. I think he's the Fifth Horseman of the Apocalypse. Aemond is this relentless force. He's continually moving, sometimes at the expense of everyone else.'

Once at Harrenhal, however, a frustrated Aemond discovers Daemon isn't there. What he doesn't know is that his mother, Alicent (Olivia Cooke), has packed him off so she's free to let Rhaenyra claim the Iron Throne unchallenged.

REVEALING ALL

Alicent is also probably happy to see the back of her twisted son after he planted a creepy kiss on her in the opening episode.

'It's a lesson Aemond needs to learn – don't kiss your mum in that weird way he did!' laughs Mitchell.

The 29-year-old actor from Derby, whose TV credits include *The Last Kingdom*, *World on Fire* and *Trigger Point*, enjoys watching *House of the Dragon* with his family and he gave his own mother a shock when they viewed the previous season together.

'I never actually told my mum that I had a nude scene in Season 2 and she screamed the house down when we watched it,' he grins. 'I think the neighbours heard her!'

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

Charity and Mack

EMMERDALE

A flashforward reveals a murder, but who's the victim?

» **Still traumatised from** the horrific ordeal Dr Todd put her through, Charity decides to tell the police all about the evil medic's blackmail. Dr Todd managed to escape the sexual-assault charge and move to Sheffield, but will the confession see the doc locked up?

Concerned husband Mack

The landlady soon regrets revealing the truth, given that Dr Todd could still get away with it all and expose her surrogacy secret…

In a shocking turn of events, we flashforward to a gruesome crime scene showing a dead body – but who is the victim, who has killed them, and why?

With Dr Todd being public enemy No 1 right now, it would be no surprise if she were the one who meets a violent end. As Mack knows all about Charity's turmoil, could he have got revenge on his wife's abuser? Could Charity have delivered the fatal blow? Or is the victim someone else entirely?

» **PLUS** Sarah offers Serena a place to stay, Graham tells Cain that Kyle is the Emmerdale Farm arsonist, and Claudette encourages Kev to stay and pursue a relationship with his son Lewis – but Nicola has other ideas.

ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Megan's mum Janine arrives as her daughter goes on trial (above), Lisa questions Jodie and Sarah about the attack, Idris meddles with Leanne's phone, and the girls worry as they see Summer drinking with some new mates.

EASTENDERS

» Priya causes trouble at Max and Cindy's engagement party (below), Chelsea is suspicious of Sheila, Mo and Zoe hijack The Albert's Pride entertainment, and Billy is in serious trouble when he tries to cut Bea off.

Christmas Time Thru The Decades at WARNER HOTELS

Warner Bembridge Coast Hotel

- **Self Drive to resort**
- **20 November 2026**
- The Four D's with band
- Bobby Gee's Bucks Fizz
- Gaz Jenkins as Billy Joel
- The Overtures
- Dr Hook Songbook featuring Billy Shannon
- Bootleg Barlow
- Motown's Legends
- Emily Reed's Christmas classics
- Country Joe
- The Police tribute The Rozzers
- SoulTown Divaz
- Roy Carter of Heatwave
- Uche Eke Soulfully Sung
- The GN A Team

Warner Norton Grange

- **Self Drive to resort**
- **30 November 2026**
- Fil Straughan & Band - Spirit of Luther
- The Alvin Stardust Band & Chris Nott
- Johnny Will as Freddie Mercury
- The Remakes
- The Chapman Twins 60s Show
- Dale Bullimore
- Phil Wright's Paper Lace
- SoulTown Divaz
- Roy Carter of Heatwave
- 60s Explosion
- The Swinging Blue Jeans
- The Temple Bros
- Country Joe
- Uche Eke Soulfully Sung
- Johnny Parrish
- Martin Jarvis as Tom Jones
- Martin Cox sings his favourites
- The Foundations
- The GN A Team

Warner Corton Lowestoft, Suffolk

- **Self Drive to resort**
- **4 December 2026**
- Sing Baby Sing's Stylistics tribute
- Sir CJ Jackson & The Vagabonds
- SoulTown Divaz
- The Foundations
- Destiny Michelle's Forever Whitney Houston Show with band
- Motown's Legends
- Uche Eke Soulfully Sung
- Fil Straughan & Band
- Maxine Mazumder as Dusty
- Buzz D'Angelo as James Brown
- Chapman Twins
- The GN A Team

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Hatosy and Wyle as Jack and Robby

EXCLUSIVE!

Pitt of despair

Dr Abbot comes to the help of struggling Robby in the **Season 2 finale**...

LAST ONE **DRAMA**

The Pitt

From Friday 3 July, HBO Max

First seen on the roof of the Pittsburgh Trauma Medical Center after a particularly harrowing night shift, Dr Jack Abbot (Shawn Hatosy) was brought back from the brink by his good friend and colleague Dr Michael 'Robby' Robinavitch (Noah Wyle).

Now, in the Season 2 finale, as Robby's mental health continues to crumble, the roles are reversed. This time, it's Jack who finds Robby on the roof in a mood of despair. Can he help the vulnerable medic open up about his struggles?

'Abbot was literally on the edge at the start of the first season,' explains Hatosy, who won an Emmy for his portrayal of the doctor who lost his leg as a combat medic. 'And it was Robby who walked him off that edge.

'This time, Abbot is the one with the clarity and understanding of what he's been through. In the face of chaos, he's very calm and willing to work on himself and see a therapist. He tries to impart that wisdom to Robby.'

Dr Al-Hashimi

EMERGENCY

As if Robby isn't already under enough strain, he and Jack find themselves in a race against time to save heavily pregnant patient Judith (Nicole Wolf) and her baby. He also learns the shocking truth about Dr Baran Al-Hashimi (Sepideh Moafi), leading to a war of words that leaves the doctor contemplating her future.

Fans will have to wait until early next year to discover what the future holds for Robby and his colleagues, with the upcoming third season set four months later.

Judith needs urgent attention

We already know that senior resident Dr Samira Mohan (Supriya Ganesh) won't be returning to the show, while the night shift's Dr Parker Ellis (Ayesha Harris) will be promoted to a series regular.

'Real-life healthcare workers are heroes working in a system that is against them,' says Hatosy. 'In the show, you're rooting for them. They all have their own things going on that they're dealing with outside of the hospital.'

The 50-year-old actor adds that he has loved shooting the show's first two seasons – even though the filming schedule can sometimes be gruelling.

INTENSITY

'There's not a lot of downtime when you're on set,' he reveals. 'We're on our feet all day so it has a physical toll, too. I'll do an emotional scene for four hours at the end of the night and I'll be so wiped out.

'My adrenaline is up, so, for me, I go and play pickleball to decompress.'

WORDS: ELAINE PENN. PHOTOS: HBO MAX

LOOK WHO'S BACK...

A familiar face appearing in a new role this week

Judd Hirsch

LAST ONE Doc

Wednesday, 10pm, Sky Witness

Born in New York in 1935, two-time Oscar nominee Judd Hirsch found fame for his Emmy-winning role as kind-hearted cab driver Alex Reiger in hit US sitcom *Taxi* (1978-83). Other small-screen credits include parts in *Damages*, *The Goldbergs* and *Forever*, as well as the role of Nazi hunter Simon Wiesenthal in Al Pacino drama *Hunters*. Beyond television, the versatile actor won two Tony Awards and starred in films *Ordinary People* and *Independence Day*.

HIS LATEST APPEARANCE

First seen on screen in last week's episode of *Doc*, Hirsch's two-part storyline concludes in this week's Season 2 finale. He plays Herman Zweig, a Holocaust-survivor patient celebrating his 90th birthday, who is among those exposed to a deadly virus at the Westside Hospital. With the facility in lockdown, and the medical staff – including doctor Amy (Molly Parker) and nurse Liz (Conni Miu) – also infected, who will survive? The medical drama has been renewed for a third season.

Judd Hirsch as Herman Zweig

Wet your whistle!

Al Murray's Pub Landlord serves up his take on the World Cup...

NEW COMEDY

Al Murray: All You Need Is Guv

Friday, 9pm, Sky One

With pubs across the land reverberating to the joyous celebrations of England and Scotland's (hopefully) glorious progress in the World Cup, who better to ask about the beautiful game and its natural habitat for fans, the boozer, than an innkeeper?

We caught up with Al Murray's comic alter ego, The Pub Landlord, who's back with a Sky One stand-up special this week, for a hydration break…

Graham Taylor

Guv, is it better to watch the World Cup at home or in the pub? The World Cup is primarily a pub event: every game is a home game as far as your local is concerned.

What are you serving in your establishment during the tournament? Fruit-based drinks are ladies' drinks the world over! And beige food is essential: anything colourful, like a red pepper, is not welcome on a pub platter.

How do you rate American, Canadian and Mexican beer? Weak, stale, fruity.

Which team would you most like England to beat? The one we meet in the final.

What other team would you like to do well? Scotland. Because the conversation from their last World Cup appearance has run dry, so it would keep them going for a century.

Who is your favourite England player? Harry Kane. His zoned-out, hangdog expression, even when he's winning, is like a modern remix of the stuff upper lip.

Who is the greatest England manager? Graham Taylor, because he showed everyone how not to do it.

If Gareth Southgate came into your pub, would you serve him a pint? Yes, but anyone wearing a waistcoat has £1.50 added to the price of their drink.

Should sports teams have a drinking culture? Not before the game. Mind you, show me a man with a pint inside him, and I'll show you an expert at football tactics.

The pub: Football viewing's natural home

Do you ever wear an England shirt? I wear a replica football kit that Big Dave sold me in return for use of the Blu-ray player.

Have the late-night kick-offs been good for business, pub-wise? Given the government's recent efforts to kill pubs, the fact a foreign-based sporting competition has come to our rescue is giving me a nosebleed – but, yes, it's all good.

What is your favourite World Cup memory? Helping my girlfriend of the time with babysitting in 1986, with the World Cup on the telly, and snogging her on the sofa.

Do you have a pub football team? The over-50s five-a-side team are enthusiastic, loyal, get stuck in and never say die, and are exceptionally thirsty after a match, win or lose.

Does football help men to express their feelings? It spares them the bother by filling their lives with something more important.

Gareth Southgate and Harry Kane

WORDS: REBECCA MAHONEY; IAN MACEWAN, RICHARD MCCLURE. PHOTOS: ALAMY; GETTY; SHUTTERSTOCK; SKY

Al Murray as The Pub Landlord

'Show me a man with a pint inside him, and I'll show you an expert at football tactics'

AL MURRAY

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

Fire Country NEW

Wednesday, 9pm, Sky Witness

Season 4 of the hit firefighter series picks up immediately where Season 3 left off, when a massive fire caused the roof of the care facility to collapse with Vince, Sharon and Walter still inside. Despite the best efforts of Bode (Max Thieriot, right), the team is rocked by a shocking death, but their grieving must be set aside when a dangerous mill fire breaks out. *The Pitt*'s Shawn Hatosy (see feature, page 11) joins the series this week.

Watson LAST ONE

Sunday, 9pm, Sky Witness

After being axed after two seasons, this is the medical mystery's last-ever episode. As Dr John Watson (Morris Chestnut) faces surgery on his brain tumour, a presumed-dead Sherlock (Robert Carlyle) stumbles into the clinic. Meanwhile, a shooting marks the return of notorious foe Sebastian Moran (Suzy Eddie Izzard, right), who has a sinister message for Watson...

From LAST ONE

Thursday, 9pm, Sky One

The fourth season of the supernatural horror drama – set in a nameless town filled with bloodthirsty night creatures – ends on a suitably dark note as self-appointed sheriff Boyd's (Harold Perrineau, right) quest to lead the residents home reaches a terrifying crossroads. The series will be back for a fifth and final run next year.

Gomorrah

Saturday-Friday, times vary, Sky Atlantic (box set, Sky Box Sets & NOW)

With the hugely-anticipated prequel spin-off *Gomorrah: The Origins* coming to screens soon, get up to speed with the Italian crime saga, starring Marco D'Amore as Ciro Di Marzio (pictured), as Sky releases all five seasons of *Gomorrah* – plus one-off special episode *L'Immortal* – with an all-new English dub.

Ferguson as Juliette

Rebecca Ferguson and Common on the return of sci-fi series *Silo*

Going underground

EXCLUSIVE!

Silo

NEW *Available: Friday 3 July Genre: Sci-fi Season: 3 Eps: 10 (released weekly)*

Like the 10,000 people trapped inside Silo 18, viewers of slick sci-fi thriller *Silo* are completely baffled as to what is really going on. Who built the vast underground bunker? Who controls it? Why did people have to go in it? And will it ever be safe to live outside?

We'll all be hoping for answers in the new 10-part third season of the Apple TV hit, set in a post-apocalyptic future where the surface of the Earth is believed to be a poisonous wasteland.

Robert Sims (Common)

The second-season finale ended on a cliffhanger: did tenacious engineer Juliette Nichols (Rebecca Ferguson) and the scheming ex-head of IT, Bernard Holland (Hollywood star Tim Robbins) burn to death after being trapped together in an inferno?

We quickly discover Juliette has survived, and she's appointed as the new mayor of Silo 18. She's a hero because she's the only person to have returned alive after being forced outside to 'clean' by Bernard. But Juliette is suffering from severe memory loss.

SECRET AGENDAS

'A whole group of people are wanting her to come back as normal Juliette, but there are the powerful few who are really benefiting from the memory loss,' explains 42-year-old Swedish star Ferguson.

The most powerful person who doesn't want her to remember is the new head of IT, Camille Sims (Alexandria Riley). Camille, under instructions from the mysterious Algorithm, is feeding Juliette lies about what's happened to her. Juliette, though, only knows Camille as someone trying to help her.

'For Juliette, Camille is safety and she is the person who connects the dots for her – until she doesn't,' says Ferguson.

Meanwhile, Camile's husband, Robert Sims, the ruthless former head of security for Judicial, Silo 18's secret police, starts to question if he's been on the right side.

'A lot of things that he believed in and killed people for, he doesn't know if that is real any more,' explains actor and rapper Common, 54, who plays Robert. 'Once he's questioning that, he realises that Juliette was on to something…'

Producers promise that everything will be revealed in the show's fourth and final season. The cast has already finished filming, and fans have been wondering if Common has kept Robert's trademark leather jacket as a memento.

'Yes, I kept it,' he laughs. 'People were asking me about it all the time, so I'm keeping that leather jacket!'

What we're watching...

The shows being enjoyed by the *TVSW* team

Cape Fear

Genre: Thriller Season: 1 Episodes: 10 (released weekly)

Robert De Niro was terrifying as vengeful psychopath Max Cady in Martin Scorsese's 1992 stalker movie. Here, Javier Bardem (left) takes on the role and is charismatic, menacing and unpredictable, which is deeply unsettling for his former lawyer Anna Bowden (Amy Adams) and her husband Tom (Patrick Wilson), who was the prosecutor. Released after 17 years in jail, following the overturning of his murder conviction, Cady has had plenty of time to plan his revenge on the couple, in an atmospheric and suspenseful cat-and-mouse thriller.

Office Romance

Genre: Romcom Episodes: One-off

Jennifer Lopez and *Ted Lasso*'s Brett Goldstein (both right) star in this raunchy romcom. She's the CEO of an airline who starts dating the company's new lawyer, despite a no-workplace-romance policy.

The Witness

Genre: Drama Season: 1 Episodes: 3

This real-life drama about the 1992 murder of Rachel Nickell centres on her son Alex and her other half André Hanscombe (Jordan Bolger, right) as they deal with the botched police investigation.

Now in production...

Three upcoming shows to look out for soon

Escorted

In Prime Video's racy eight-part romantic comedy, Lesley Manville (above) will play cabaret star Terri, the mother of Denny (Brett Goldstein), a divorced dad who has to juggle parenting while trying to adjust to his surprising new job as a male escort in New York City.

Only Murders in the Building

The sixth run of Disney+'s whodunnit, in which crime podcasters Mabel (Selena Gomez), Oliver (Martin Short) and Charles (Steve Martin) head to London, will feature Jennifer Saunders, Martin Freeman (above), Sir Derek Jacobi and Sharon Horgan.

Widow's Bay

Matthew Rhys (above) will reprise his role as troubled Mayor Tom Loftis for a second season of Apple TV's offbeat comedy drama, which follows the fortunes of a close-knit but cursed island community in New England, where some very creepy events occur.

WORDS: CAREN CLARK. JUDY EWENS, DAVID HOLLINGSWORTH. PHOTOS: APPLE TV, GETTY, NETFLIX

David with Barack Obama

Larry David

United States of Larry

Larry David's hilarious take on American history

HBO max Life, Larry and the Pursuit of Unhappiness

NEW *Available: Sat 27 June Genre: Comedy Season: 1 Episodes: 7 (released weekly)*

After wrapping up 12 seasons of awkward encounters in *Curb Your Enthusiasm* in 2024, iconic curmudgeon Larry David is now partnering with former US President Barack Obama for an all-American sketch show.

Marking the 250th anniversary of the founding of the United States, the seven-part series is a romp through the nation's past in period skits directed by David's long-time collaborator Jeff Schaffer, and executive-produced by Barack and Michelle Obama's media company, Higher Ground.

Each episode serves up four stories, with *Seinfeld* co-creator David playing characters from yesteryear, flanked by a rotating cast of comedy greats. Look out for Bill Hader and Kathryn Hahn as 16th president Abraham Lincoln and his wife, Mary Todd, and Jon Hamm and Sean Hayes as aviation pioneers the Wright brothers.

Fans will also spot some *Curb* favourites, including Susie Essman, while David pairs up with Jerry Seinfeld to play explorers Lewis and Clark, and Obama makes an appearance, too.

'I knew Obama before this as we played golf together,' reveals David, who turns 79 on 2 July. 'On *Curb* and *Seinfeld*, I was the boss. I'm used to being the boss, but Obama is also used to being the boss, so we were sometimes at loggerheads!

'After *Curb*, I knew I'd do something else, and this idea appealed to me immediately. It's a sketch show with scenes from American history, but they're really like short films with big production values. I was a history major in college and this is the first time it's come in handy.'

Viewers should expect historical accuracy to take a back seat, though, as David spoofs events including the Declaration of Independence and plays characters including a president's aide who suggests to Lincoln that he should really go see a play.

'We filmed it the same way we did *Curb*, so there's an outline, but we mostly improvise it. It's like *Curb* in costume,' smiles David. 'I think it's pretty funny, but I wear a lot of moustaches, beards and wigs, which I couldn't stand. I've never been so happy to go home and take a shower in my life.'

David (centre) with Hamm (left) and Hayes

The cast of *Suits LA*

Law la land

Stephen Amell heads to Hollywood in a *Suits* spin-off

4 Suits LA

NEW *Available: Wednesday 1 July Genre: Drama Season: 1 Episodes: 13*

The US legal drama that made Meghan Markle a household name moves from the East Coast to the West Coast this week, as *Arrow* actor Stephen Amell stars in spin-off *Suits LA*.

In the 13-part series, Amell portrays confident, no-nonsense former New York prosecutor Ted Black, who leads an entertainment law firm representing Hollywood's A-list clients.

'Ted is a little abrasive, emotional and quick to judge, but these are real personality traits,' says Amell, 45. 'I like playing a character that not everyone is going to be the biggest fan of.'

ROCKY ROAD

In the first episode, Ted's partner, co-founder Stuart Lane (Josh McDermitt), breaks away from a planned merger, stealing top associates and high-paying clients to form a rival practice.

Ted swiftly rebrands the firm Black & Associates, but Stuart is only half of Ted's problems when a ghost from his past in New York soon threatens his life in LA…

Fortunately, help arrives from a very familiar face: *Suits* character Harvey Specter (Gabriel Macht), who tries to assist his old friend navigate the legal crisis.

'Ted and Harvey are cut from the same cloth,' teases Macht, 54. 'Their friendship goes deep. Ted's in trouble, it's personal, and it's similar to how Harvey responds to certain things – when he needs help, he goes for someone that can be by his side.'

WORDS: CAREN CLARK, REBECCA MAHONEY, VICTORIA WILSON. PHOTOS: BBC, C4, GETTY, HBO MAX, PRIME VIDEO, ADOBE STOCK

Pretty in PINK

Lexi Minetree plays a teenage Elle Woods in a prequel to *Legally Blonde*

Star Lexi Minetree

prime **Elle**

NEW *Available: Wed 1 July*
Genre: Comedy
Season: 1 Episodes: 8

Minetree as Elle

Wyatt, Elle and Eva

The iconic role of Elle Woods – the pink-clad, chihuahua-loving fish out of water who conquered Harvard Law School – catapulted Reese Witherspoon to global stardom in 2001 hit comedy *Legally Blonde*.

Now, 25 years on, Prime Video's prequel series *Elle* takes us back to the character's teenage years in the 1990s to explore the roots of the bubbly law student.

Newcomer Lexi Minetree beat 5,000 hopefuls to win the role – and received the news from Witherspoon herself, whose production company Hello Sunshine is behind the project.

'I did a scene with Reese [as part of the audition]. It was scary with zero prep but she was the nicest person imaginable,' recalls Minetree. 'Then she told me I'd got the role! When I got home, I laughed, cried and screamed – it was one of the best days of my life.'

The eight-parter begins with 16-year-old Elle enjoying life in sunny Bel-Air, Los Angeles, until her parents, Eva (June Diane Raphael) and Wyatt (Tom Everett Scott), announce they're relocating to rainy Seattle.

Finding herself in a different high school, Elle must navigate the 1990s grunge scene while staying true to herself. James Van Der Beek plays Dean Wilson, the school-district superintendent, in his last role before his sad death in February.

'Beyond Elle's attitude, resilience and charm, I wanted to nail her voice and mannerisms,' explains Minetree, 25. 'There's a melodic quality to her voice and a perky physicality. Every morning, I'd do a warm-up with a coach to get my voice to a bright place.'

DETERMINATION

Minetree was also happy to embrace Elle's signature style, although she says there is far more to the character than how she looks.

'In terms of hair, make-up and wardrobe, you can't mess with perfect,' she smiles. 'But I also admire Elle's confidence. She makes mistakes and flops on her face, but she gets right back up. For Elle, it's not about the failure; it's about not letting that failure define what you do next.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up

BBC iPLAYER **Funboys**

As BBC3's Northern Ireland-set comedy returns, Callum (Ryan Dylan) lands a job as a peasant at the local folk museum. But he gets more than he bargained for when he has to work with overly intense actor Phillip (Steve Coogan, above with Dylan).

4 **The Light in the Hall: Still Waters**

The second run of C4's Welsh thriller sees journalist Caryl Huws (Sian Reese-Williams, above) investigate whether Rhys Owen (Mark Lewis Jones) was wrongly imprisoned for killing his cousin.

BBC iPLAYER **Queen James**

BBC2's look at the private life of King James I explores how the monarch grew dangerously close to nobleman Robert Carr. At the heart of the film are readings of James' letters, writings and speeches, delivered by actor James McArdle (above).

4 **Free Nelson Mandela**

In C4's docuseries detailing the South African leader's 27 years in prison, Ndileka Mandela's recalls seeing her grandad (above) in jail in 1981 and reflects on how he went on to become a global statesman.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Life, Larry and the Pursuit of Unhappiness

Saturday 27 June

Curb Your Enthusiasm's Larry David gives his own unique take on 250 years of America's history in a comedy sketch series co-produced by Barack and Michelle Obama. Jon Hamm and Jerry Seinfeld are among the stars helping David spoof such monumental events as the Declaration of Independence and the first engined-powered flight by the Wright brothers. See feature, p16.

Rolf Harris: Primetime Predator

Monday 29 June

Docuseries about Rolf Harris, exploring his rise to fame and his downfall after the shocking scale of his abuse finally came to light. The beloved national treasure was, in reality, a serial sexual predator hiding in plain sight, and in 2014 he was convicted of 12 counts of indecent assault against young girls and women.

Enola Holmes 3

Wednesday 1 July

Millie Bobby Brown reprises her role of Sherlock Holmes' younger sister Enola in the third film in the franchise. The young sleuth is having doubts about her impending wedding to Lord Tewkesbury (Louis Partridge) when Sherlock (Henry Cavill) is kidnapped, and Enola drops everything to find him.

X-Men '97

Wednesday 1 July

The second season of Marvel's hit superhero animation sees the mutant team of the X-Men divided and thrown across different eras in time as they struggle to navigate their return home. Meanwhile, back in the 1990s, suspicious foes and new strains of mutant intolerance are on the rise in the wake of the X-Men's absence. Cal Dodd is among the voice cast.

Elle

Wednesday 1 July

In this prequel series to the hit 2001 comedy *Legally Blonde*, Lexi Minetree takes on Reese Witherspoon's role of Elle Woods before she went to Harvard Law School. It's 1995 and Elle is in high school, where she has to navigate tricky friendships, forbidden romance and questionable fashion choices. See feature, page 17.

Bang My Box: The Robin Byrd Story

Wednesday 1 July

Documentary about the former pornographic film actor, whose late-night New York call-in show, which ran from 1977 to 1998, pushed the boundaries of sexual freedom. During the AIDS epidemic of the 1980s, Byrd became a champion for safe sex and AIDS awareness, while she also became embroiled in a national censorship battle that went to the Supreme Court.

Summer '36

Wednesday 1 July

French drama set during the summer of 1936 when workers were enjoying paid holidays for the very first time. It follows four women from different backgrounds who become entangled in the murder of a prosecutor at the chic Riviera hotel.

Human Vapor

Thursday 2 July

Japanese and Korean sci-fi thriller. When a person suddenly swells and explodes on live television, the world recoils in horror. The man behind the shocking death is the 'Human Vapor', who can transform his body into gas and slip through any barrier. He announces his killings in advance, causing widespread fear.

This Is America, Charlie Brown

Friday 3 July

Charlie Brown and the *Peanuts* gang discover various aspects of American history and culture and witness many of the events that shaped the United States in this 1988-89 series. Episodes include *The Mayflower Voyagers* and *The Birth of the Constitution*.

Paw Patrol: Fire Rescue Special

Wednesday 1 July

A collection of special episodes of the animated children's series follows the PAW Patrol pups, led by Marshall, as they carry out fire-themed rescue missions around Adventure Bay.

Suits LA

Wednesday 1 July

Arrow's Stephen Amell heads the cast of this spin-off from legal drama *Suits*. Charismatic former New York federal prosecutor Ted Black (Amell) has reinvented himself as a power player in Los Angeles, representing the city's most influential and dangerous clients. See feature, page 16.

Survival of the Thickest

Thursday 2 July

In the third and final season of the comedy drama, plus-size New York stylist Mavis Beaumont (Michelle Buteau) reunites with her on/off beau Luca (Marouane Zotti), while her new doctor (Wanda Sykes) has some uncomfortable advice for her now that she's no longer in her 20s.

Silo

Friday 3 July

The third run of the hit sci-fi continues the saga of a dystopian society of 10,000 people living underground in mysterious circumstances, while revealing an origin story set centuries earlier. In the present, Juliette Nichols (Rebecca Ferguson) survives her forced 'cleaning' but returns with memory loss. Meanwhile, in the 'Before Times', journalist Helen Drew (Jessica Henwick) and Congressman Daniel Keene (Ashley Zukerman) uncover a conspiracy. See feature, page 14.

Suplex

Friday 3 July

Danish crime drama from Walter Presents. In the small town of Vesterløv, the wrestling tournament takes a shocking turn when a young wrestler is murdered. Respected coach Lars is thrust into a vortex of accusations and conspiracy – and then it emerges that Lars' wife is having a liaison with the police chief.

The Simpsons

Friday 3 July

Entitled *Simpsley*, this exclusive episode of *The Simpsons* is a parody of *The Talented Mr. Ripley*. Penniless con artist Marge Bouvier is sent to Italy to convince wealthy sap Seymour Skinner to come home, only to be tempted by the trappings of his affluent lifestyle. But there's a fly in the ointment – Seymour's clingy, dim-witted house guest, Homer Simpsley.

WORDS: JUDY EWENS. PHOTOS: ©2026 MARVEL – ALL RIGHTS RESERVED. ©2026 DISNEY & ITS RELATED ENTITIES. NETFLIX. APPLE TV

State of the union

Alexander Armstrong explores the USA as the country celebrates its 250th birthday

Holding a dead python with hunter Amy Siewe

With David Laude at the Mars Desert Research Station

NEW TRAVELOGUE

Alexander Armstrong Across America

Saturday, 8pm, 5

For the last five years, *Pointless* host Alexander Armstrong has channelled his British charm into becoming TV's new king of travelogues, with epic trips to Iceland, Sri Lanka, South Korea and India. Now, he's hitting the road again for *Alexander Armstrong Across America* on 5, venturing over the pond to mark the USA's 250th birthday.

Cameras follow Armstrong in this four-parter as he travels to Pennsylvania, West Virginia, Florida and Utah in an attempt to understand today's America.

'Our mission was to take the temperature of the country and get to grips with its best, its worst and its weirdness,' says Armstrong, 56. 'It's vast, so we couldn't tell the story of the whole nation, but we dive into four locations, meeting a broad cast of characters and exploring different facets of American life.'

TRANQ EPIDEMIC

Armstrong kicks things off in Philadelphia, where the Declaration of Independence was famously signed on 4 July 1776. But alongside shiny high-rise towers, America's oldest steam railroad and the famous Philly cheesesteak, today the city is also known for the rundown district of Kensington, the epicentre of America's devastating opioid crisis.

'It's hard to overstate how depressing it was seeing all the tranq addicts standing around like zombies,' explains Armstrong. 'Tranq is a cocktail of drugs, usually fentanyl mixed with a heavy-duty veterinary tranquiliser, and nobody who's on it can stand up straight, so they're all bent at the waist. It was horrific seeing these young people just hollowed out by the stuff.

'Later in the series, I meet homeless people living in the flood tunnels beneath the Las Vegas Strip. In every case, it was drugs that had brought them down there.'

Armstrong in Moab, Utah

On a lighter note, Armstrong also referees a wrestling match in West Virginia, hunts for pythons in Florida, and meets Commander David Laude at the Mars Desert Research Station in Utah. There are also encounters with homesteaders, a Pennsylvania Dutch family, and a man who has turned his back on the MAGA movement.

'Whatever we may read, the USA is still full of lovely, sensible people who share the same values that have shaped the country since it was first founded,' says Armstrong. 'There are bright colours that make up the patchwork and some of them may not be to our taste or may get undue prominence – but ultimately America is wonderful.'

WORDS: HANNAH DAVIES, TESS LAMACRAFT, IAN MACEWAN PHOTOS: 5, ALAMY, GETTY, SKY

40 Glastonbury Gems

Saturday, 8.10pm, BBC2

As Glastonbury takes a 'fallow' year, BBC2 raids the archives for classic performances from Worthy Farm, including tracks from Adele, Amy Winehouse, Blondie, Blur, Dolly Parton (pictured), Ed Sheeran, Sir Elton John, Pulp, Oasis, Johnny Cash and the Rolling Stones. Check out BBC iPlayer for more Glastonbury content.

Denzel Washington: American Idol

Thursday, 10.15pm, Sky Arts

A profile of the 71-year-old Hollywood actor, from his humble beginnings in Mount Vernon, New York, to his Oscar-winning roles in *Glory* and *Training Day*. The film reveals his formative years as a drama student and his early forays into acting in theatre and playing a doctor on TV medical show *St Elsewhere*.

Hockney

Monday, 9pm, BBC4

Another chance to see this documentary about David Hockney (right) which kicks off an evening of shows devoted to the artist, who died on 11 June at the age of 88. It's followed by *David Hockney: A Life in Art – The Interview* (10.45pm), in which he spoke about his career, *Hockney: Double Portrait* (11.10pm) and *Face to Face with David Hockney* (12m't).

The Butchers of LA

Sunday, 10pm, 11.05pm & 12m't, 5

Initially thought to be the work of a lone predator, a series of murders of young men in Southern California in the 70s and 80s were found to have been committed by three men, the so-called 'Freeway Killers' – Randy Kraft, Patrick Kearney and William Bonin. This three-parter looks back on their grisly crimes and how they were brought to justice.

Cornwall: A Year by the Sea

Thursday, 8pm, 5

This week, a summer tour around the Lost Gardens of Heligan near St Austell, a hidden world that lay undiscovered for years until it was stumbled upon in the 1990s by Eden Project founder Sir Tim Smit. We also meet friends Daisy and Chloe, whose gin business uses local rock samphire as a botanical.

Space SOS

How **astronauts** have diced with death on the International Space Station

NEW FACTUAL

Terror on the Space Station

Monday, 8.55pm, & Tuesday, 8.50pm, PBS America

From toxic gas leaks and docking disasters to spacesuit malfunctions and meteor strikes, there have been plenty of near-disasters since the International Space Station (ISS) began operating 250 miles above Earth in 1998.

Emmy-nominated two-part film *Terror on the Space Station* features first-hand accounts from astronauts and mission-control insiders, plus reconstructions and exclusive footage, to reveal how split-second decisions have averted major disasters.

Former NASA Flight Director Bob Castle, who oversaw 27 space missions to the ISS during his career, is one of the experts featured.

'The decisions I made involved people's lives,' recalls Castle. 'If any problems occurred, I had to solve them as quickly as possible.'

One such problem was a toxic leak during a spacewalk in 2001 that sprayed ammonia all over the spacesuit of astronaut Robert 'Beamer' Curbeam.

'He wouldn't have been able to re-enter the cabin because the toxic crystals would poison the other astronauts,' says Castle. 'I had to think quickly and told Beamer he would need to stay outside for 45 minutes in order for the sun to burn away the ammonia.'

Another near-miss came when astronaut Luca Parmitano's space helmet malfunctioned during a spacewalk.

Bob Castle

'A blocked vent in his helmet meant water wasn't draining away as it was supposed to,' says Castle. 'It started building up inside his helmet and left him close to suffocating and drowning.'

LOSS OF LIFE

The documentary also features the space shuttle *Columbia* disaster of 2003 in which all seven astronauts were killed on re-entry.

'It was such a tragedy,' says Castle. 'I was home asleep at the time. My wife woke me up saying they had lost all communication with the crew, and when I heard that they were over 20 minutes late landing I knew there was no way there could be a good ending.'

The International Space Station

Films Our pick of this

In vogue: Stanley, Anne, Meryl and Emily

MOVIE OF THE WEEK

THE DEVIL WEARS PRADA 2

Meryl Streep, **Anne Hathaway** and **Emily Blunt** make a fine return after 20 years

COMEDY DRAMA

From Tuesday, buy or rent from digital stores including Prime Video and Sky Store ★★★★

Twenty years on from the 2006 comedy, Anne Hathaway, Meryl Streep, Emily Blunt and Stanley Tucci's snarky fashionistas are back on screen, but since we last saw them the publishing world they inhabited has changed beyond recognition. Streep's imperious fashion magazine editor Miranda Priestly is still dripping with hauteur, but magazines like her glossy *Runway* are struggling in the digital age.

So, too, is the *New York Vanguard*, the prestigious publication we find Hathaway's gauche, earnest Andy working. But following the first of the film's many plot contrivances she finds herself back at *Runway* as the features editor. Tucci's waspish art director Nigel is still there, but Blunt's posh Emily, formerly Miranda's chief assistant, has moved on to become a high-powered executive at Dior.

The subsequent story revolves around attempts to win over a pair of new characters on whom *Runway*'s fate depends – a tech bro billionaire (Justin Theroux) and his reclusive ex-wife (Lucy Liu) – but, to be honest, the plot is skimpier than a fast-fashion bikini. Not that it really matters. The satire isn't as biting as before, but the film remains hugely enjoyable thanks to the stars' chemistry and their perfect comic timing. It remains great fun spending time in their company. 2026, 12, 119MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, NIGEL PIZEY

More premieres and Day by Day planner ›››

week's Best Movies

COMEDY HORROR

Over Your Dead Body

Available now, Prime Video ★★★★

If you thought the recent rather underbaked *War of the Roses* remake needed more needle and barbs – and a lot more gnarly gore – *Over Your Dead Body* is just the movie for you. Samara Weaving and Jason Segel are a bitterly miserable couple who each secretly plan to murder the other when they travel up to an isolated cabin in the woods. But as their plans become foiled they have an even bigger problem in the shape of escaped convicts Timothy Olyphant (terrific as always) and Keith Jardine, along with Olyphant's prison-guard girlfriend, Juliette Lewis. What begins as an acerbic satire morphs into a shockingly grisly, pitch black comedy. It's a wild ride, with Weaving (using her actual Australian accent) and Segel on wicked form. Just be warned: this is not for the faint of heart. 2026, 18, 105MIN

Shoot out: Samara and Jason

Towering: Jeremy, Sebastian and Maria Bakalova

BIOPIC

The Apprentice

From Wednesday, STUDIOCANAL Presents ★★★★

Less biopic than supervillain origin story, this scarily convincing film about Donald Trump's grubby rise to wealth and power in 1970s and 1980s New York is powered by a pair of absolutely superb lead performances. Sebastian Stan is brilliant as the ambitious young property developer, never resorting to impersonation or caricature but fully capturing both Trump's vocal and physical mannerisms, and his vain, greedy, utterly ruthless behaviour. *Succession* star Jeremy Strong is equally impressive as reptilian lawyer Roy Cohn, who becomes Trump's mentor and coaches him how to lie, cheat, bribe and bluster his way to the top. Iranian-Danish director Ali Abbasi's film isn't a comfortable watch, but it exerts a grisly fascination from start to finish. 2023, 15, 122MIN

At the centre of it all: Barbie and co

COMEDY DRAMA

Mile End Kicks

Saturday, 10.20am & 8pm, Sky Premiere ★★★★

This gloriously entertaining drama, starring the consistently excellent Barbie Ferreira, is set in the hipster Canadian city of Montreal in the early 2010s. Ferreira's music critic rocks up to write a book about Alanis Morissette's album *Jagged Little Pill*, but gets swept away by a local indie band, lusting after its louche, pretentious singer Stanley Simons, while buddying up with anxious guitarist Devon Bostick. A funny, honest movie that's a cross between *Almost Famous* and *The Worst Person in the World*, its warmth and humanity shine through every scene. 2025, 15, 111MIN

HORROR

Lee Cronin's The Mummy

Friday, 9pm, Sky Premiere ★★★

Sixteen-year-old American Katie (a terrific Natalie Grace) starts behaving demonically after she is freed from an ancient sarcophagus, wrapped in mummy-like bandages and deeply catatonic, eight years after she was kidnapped while her family (now back home in New Mexico) was living in Egypt. Lee Cronin, maker of 2023's exhilaratingly nasty *Evil Dead Rise*, really goes to town with Katie's ever more creepy and violent, clearly demonically possessed actions and serves up plenty of icky shocks and darkly comic scares along the way. 2026, 15, 134MIN

Behind you: Natalie's after grandma Veronica Falcón

Films

ROMANTIC COMEDY

Finding Emily

Available now, buy or rent from digital stores ★★★★

You might think that all the tropes and tricks of the romantic comedy genre had been used up by now, yet this thoroughly charming British romcom set in and around Manchester University finds some enjoyably playful ways of making them fresh. That stars Spike Fearn and Angourie Rice are such likeable leads helps a good deal.

Fearn's Owen is a diffident working-class Mancunian who believes he's found the one when he hits it off with an attractive girl (Sadie Soverall) at a student union event where he is working as a sound engineer. Unfortunately, he fails to get her correct phone number.

All he knows is that she is a student called Emily. Rice's cynical American psychology student Emily isn't his Emily, but she agrees to help him find her – without letting on that she intends to use hopeless romantic Owen as a case study for her sceptical thesis on love and its delusions.

It's not hard to predict how things will ultimately turn out for the pair, but director Alicia MacDonald and screenwriter Rachel Hirons throw up some surprising twists along the way. And when Owen's lovelorn quest unfairly gets him cancelled on campus, they manage to lightly satirise Gen Z culture wars in a deftly amusing way. 2026, 12, 111MIN

Drink up: Spike and Angourie

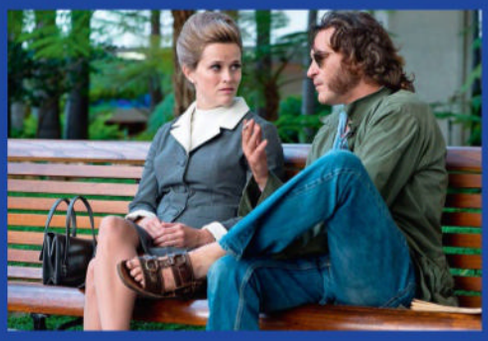
Hidden gems Great movies you might have missed...

COMEDY

A Mighty Wind

Netflix ★★★★

Christopher Guest, master of the mockumentary, here attempts to do for folk music what *This Is Spinal Tap* did for heavy metal. While this offering might not reach that film's delirious levels, it's still a comic treat as three cheesy folk groups come out of retirement for a one-off gig. Stealing the show is Eugene Levy as the brain-fried half of cutesy duo Mitch and Mickey, who still hasn't got over their personal and professional meltdown in the 1960s. 2003, 12, 88MIN



CRIME COMEDY

Inherent Vice

Prime Video ★★★★

Based on cult writer Thomas Pynchon's novel, this wildly offbeat detective film, set in 1970 California, is wilfully bewildering as Joaquin Phoenix's pot-smoking private eye investigates a case involving his hippie ex-girlfriend (Katherine Waterston), a missing tycoon, Nazi bikers, tax-dodging dentists, drug smugglers and a government agent (Owen Wilson). You might not have a clue what's going on, but the film's completely captivating. 2014, 15, 149MIN

WORLD CINEMA

Oldboy

BFI Player ★★★★

A seemingly ordinary man (Choi Min-sik) is kidnapped and held captive without explanation for 15 years before being abruptly released and given five days to find out who kidnapped him and why. This stunning, highly influential South Korean psychological thriller, directed by Park Chan-wook, is a sadistic puzzle box that sinks its hooks deep with a mystery that grows more vicious and perverse with each twist of the plot. **Subtitled.** 2003, 18, 120MIN

Saturday 27 June

CRIME COMEDY DRAMA

Hustlers

9.55pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Jennifer Lopez is indecently charismatic as she swaggers, struts and pole-dances her way through this sizzling comedy drama inspired by the true story of a band of strippers who got even with their unscrupulous Wall Street clients in the wake of the 2008 financial crash. These men scammed the country and got away with it, which is why Lopez's veteran pole dancer Ramona plays a hustle of her own, assisted by her strip-club sisters. Lorene Scafaria's film is sharp, savvy and surprisingly feminist, with a terrific Lopez at its core. Co-star Constance Wu proves her worthy foil, and there are arresting cameos from music stars Cardi B and Lizzo. 2019, 15, 110MIN

In pole position: Jennifer and Constance

FAMILY

Paddington

2.30pm, Sky Family ★★★★★

Sex ●●● Violence ●●● Language ●●●

Winningly voiced by Ben Whishaw, Paddington Bear's first screen outing is a warm, witty and generous-hearted film to delight young and old alike. Perfectly capturing the spirit of the books by Michael Bond (who would have been 100 today), the plot sees the marmalade sandwich-loving bear arrive in London. He is taken in by the Brown family, headed by kindly Sally Hawkins and Hugh Bonneville, and is soon causing hilarious mayhem. Meanwhile, menace looms in the form of Nicole Kidman and Peter Capaldi. Also on STUDIOCANAL Presents. 2014, PG, 91MIN

HORROR

The Exorcist

11.50pm, Sky Sci-Fi/Horror ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director William Friedkin's controversial 1970s chiller became the blueprint for countless supernatural horror films. Ellen Burstyn's young daughter (Linda Blair) is possessed by a demon and Jason Miller and Max von Sydow are the priests trying to exorcise it. The special effects (rotating heads, green vomit, bad skin) may be laughable these days, but Blair's performance remains extremely unnerving and the script by Willliam Peter Blatty (based on his own novel) still sends shivers down the spine in this unforgettable horror classic. 1973, 18, 121MIN

CLASSIC SCI-FI DRAMA

Close Encounters of the Third Kind

4pm, BBC2 (3pm Wales) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Richard Dreyfuss is superb as an ordinary guy who becomes obsessed with UFOs after a close encounter with one in Steven Spielberg's spectacular sci-fi classic. With its eye-catching, Oscar-winning cinematography and outstanding score, the film is still an awesome spectacle, telling an overwhelmingly emotional story that builds gradually and almost plays like a precursor to *E.T.* now with its friendly alien visitation finale. A dazzling showcase for directorial and technical innovation. 1977, PG, 135MIN

SPORTS DOCUMENTARY

Diego Maradona

12m't, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

With the football World Cup still in full swing this is a timely airing of director Asif Kapadia's enthralling, warts-and-all documentary of Argentina's footballing genius Diego Maradonna. Maker of the award-winning *Senna* and *Amy*, Kapadia's main focus here is Maradonna's 1984-1991 spell in Naples. Drawing on archive footage and the player's personal archive, Kapadia immerses us in Maradona's footballing brilliance, chaotic personal life, and tempestuous rise and fall. 2019, 12, 130MIN

■ Full listings start on p35

Sunday 28 June

MUSICAL

Matilda the Musical

4.15pm, BBC1 (3.45pm Wales) ★★★★★

Sex ●●● Violence ●●● Language ●●●

This film of Tim Minchin's stage musical, based on the Roald Dahl classic, is a joy. Alisha Weir nails the title role as the bright girl whose home life with her awful parents (played gleefully by Andrea Riseborough and Stephen Graham) is nothing compared to the horrors that await at the school run by film-stealing Emma Thompson's monstrous Miss Trunchbull. Luckily, Matilda has nice Miss Honey (Lashana Lynch) on her side, along with her telekinetic powers and wild imagination. Minchin's clever, witty numbers are staged with toe-tapping gusto, while the film also makes its more poignant moments count. 2022, PG, 117MIN

School of rocks: Emma and Alisha

COMEDY THRILLER

One Battle After Another

5.10pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

This biting political satire, juggling gripping action, moments of farcical comedy and a prescient view of where the US could be heading, is simply stunning. At the heart of Paul Thomas Anderson's Oscar-winning movie is Leonardo DiCaprio's washed-up revolutionary, Bob, who has been living off the grid for 16 years, raising his daughter Willa (Chase Infiniti) after his comrades in arms were captured or killed, or went deep underground. But then Sean Penn's unhinged military officer targets Willa, and Bob must get his act together. 2025, 15, 162MIN

SPORTS DRAMA

Challengers

9pm, BBC3 ★★★★

Sex ●●● Violence ●●● Language ●●●

Josh O'Connor and Mike Faist face each other at a middling tennis 'challenger' event – but it soon becomes clear that feelings run deep between these two and Zendaya, Faist's wife and exacting coach, who had a dalliance with both men while they were young up-and-comers. Her career cut short by injury, she's devoted herself to pushing Faist to be the best. But might the men have their own private ball-game going on? A tricksy, provocative drama that juggles its multiple time frames into a love match for the ages. 2023, 15, 131MIN

SCI-FI ACTION

Oblivion

6.35pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Tom Cruise proves once again he's an action hero to reckon with in this intriguing sci-fi film. It's 2077 and a war with invading aliens has left Earth a wasteland. With the surviving humans evacuated, Cruise and his by-the-book partner Andrea Riseborough have been left behind to maintain hi-tech surveillance drones. Their memories have been wiped as a precaution against capture, but Cruise is haunted by puzzling dreams. Olga Kurylenko and Morgan Freeman help flesh out the plot in this intelligent sci-fi which boasts dazzling action. 2013, 12, 125MIN

PERIOD DRAMA

The Brutalist

9.55pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

A Jewish-Hungarian Holocaust survivor and architect (played by Adrien Brody) tries to remake his life in the postwar US, with his wife (Felicity Jones) still stranded in Europe. He finds a patron in Guy Pearce's industrialist, who could help him achieve his architectural dreams. Anchored by Brody's anguished intensity, this depiction of his uncompromising modernist also does a demolition job on the myth of the American Dream. A distinctive and monumental film. 2024, 18, 215MIN

■ Full listings start on p45

⚽ SUBJECT TO CHANGE DUE TO WORLD CUP

Weekday movies over page

Films Weekday movies

Monday 29 June

WAR THRILLER

The Ministry of Ungentlemanly Warfare

10.10pm, BBC3 (⚽Sunday 10.30pm, BBC1, 10.50pm Ws) ★★★

Sex ●○○ Violence ●●● Language ●○○

Guy Ritchie injects typical cocky swagger into this outlandish guys-on-a-mission romp from World War Two. Operation Postmaster was a top-secret British commando raid on an island off the coast of west Africa designed to sabotage German U-boats. Henry Cavill, Alan Ritchson and Alex Pettyfer play three of the real-life 'rogues and mavericks' involved. 2024, 15, 120MIN

Rogues gallery: Alex, Alan, Henry and crew

COMEDY ADVENTURE

Big Trouble in Little China

9pm, Film4 ★★★

Sex ○○○ Violence ●●○ Language ●●○

Cult director John Carpenter's knock-off *Indiana Jones*-style adventure spoof boasts some spectacular action and inventive fantasy sequences, even if the story is shambolic. Virtually every Asian actor in Hollywood appears to have been signed up for the tale of an evil empire deep beneath San Francisco's Chinatown. Kurt Russell has fun as the heroically incompetent trucker uncovering it. 1986, 15, 100MIN

ACTION THRILLER

The Long Kiss Goodnight

11.55pm, Sky Hidden Gems ★★★★

Sex ●○○ Violence ●●● Language ●●○

Suburban mum Geena Davis starts having flashbacks that suggest a violent past and then, with the help of private eye Samuel L Jackson, discovers she was once a government assassin. Unfortunately, her ex-colleagues want to terminate her, so she goes on the warpath. An entertaining thriller that's totally implausible, but doesn't take itself at all seriously. 1996, 18, 120MIN

COMEDY THRILLER

Hot Fuzz

9pm, ITV4 ★★★★

Sex ●○○ Violence ●●○ Language ●●○

A comedy triumph from *Shaun of the Dead*'s Simon Pegg, Nick Frost and director Edgar Wright. Pegg plays an over-zealous London cop dumped in a quaint country hamlet, only to find himself up to his neck in corpses, dim village coppers and very shifty yokels. The entire cast never let the audience know they are in on the joke, playing out this entire farce with the po-faced solemnity of an Ibsen play. 2007, 15, 121MIN

WESTERN

High Plains Drifter

1.55am, Sky Action ★★★★

Sex ●●○ Violence ●●○ Language ●○○

Clint Eastwood both stars in and directs this leisurely and quite violent western that has a brilliantly eerie and supernatural atmosphere. In a riff on his Man with No Name spaghetti western persona, Eastwood plays a nameless stranger with a dark secret, who rides into a desolate town and, though he's been hired to protect the townsfolk, exacts vengeance. 1972, 18, 105MIN

■ Full listings start on p55

Tuesday 30 June

BIOPIC

Don't Let's Go to the Dogs Tonight

6.10pm, Sky Drama ★★★★

Sex ●○○ Violence ●●○ Language ●●●

It's 1980 in Zimbabwe (or Rhodesia, as it then was) and the country is in turmoil, as the white minority loses its grip on power. Caught up in this is the white farming family of seven-year-old Bobo (Lexi Venter), whose drunken mother (Embeth Davidtz, who also directs) is in denial about the changes coming. An utterly engrossing film, based on Alexandra Fuller's memoir. 2024, 15, 99MIN

Child's play: Lexi and pal

DISASTER MOVIE

The Towering Inferno

8.35am, Sky Thriller ★★★★

Sex ●○○ Violence ●○○ Language ●○○

Paul Newman's gung-ho architect and Steve McQueen's grizzled fire chief have to rescue a job lot of fading stars when 'the world's tallest skyscraper' catches fire. William Holden, Faye Dunaway and Fred Astaire are among those getting sweaty but Robert Wagner has the best of the drama when he tries to run through a wall of fire with a wet tea towel on his head. A flamegrilled guilty pleasure of a disaster movie. 1974, 12, 165MIN

COMEDY

American Pie

8pm, Sky Greats ★★★★

Sex ●●○ Violence ○○○ Language ●●○

Four high school pals (Jason Biggs, Thomas Ian Nicholas, Chris Klein and Eddie Kaye Thomas) make a pact to lose their virginity. This film set a new (low) standard in gross-out humour – just wait for the moment with the dessert of the title – but it's also a feast of laugh-out-loud moments. Eugene Levy, Jennifer Coolidge, Shannon Elizabeth, Alyson Hannigan and a film-stealing Seann W Scott are also key ingredients. 1999, 15, 96MIN

DISASTER MOVIE

Deep Impact

6.40pm, Film4 ★★★★

Sex ○○○ Violence ●○○ Language ○○○

The special effects play second fiddle to the human drama in this apocalyptic disaster movie about a comet that is on a collision course with Earth – indeed, the real action only materialises later on in the movie. Morgan Freeman, as the US President, anchors an appealing cast that includes Elijah Wood, Téa Leoni, Robert Duvall and Vanessa Redgrave. The film is full of gut-wrenching moments of heroism and sacrifice. 1998, 12, 123MIN

SCI-FI COMEDY

Mars Attacks!

11.15pm, Sky Hidden Gems ★★★★

Sex ●○○ Violence ●○○ Language ●○○

Director Tim Burton's gleeful spoof of low-budget 1950s monster movies was inspired by a series of trading cards. The tacky design is a hoot and so is Jack Nicholson in twin roles as the US President and a Las Vegas tycoon. Glenn Close, Annette Bening and even Tom Jones are also involved as little green men land and start zapping Earthlings. 1996, 12, 106MIN

■ Full listings start on p65

Wednesday

ROMANTIC DRAMA

We Live in Time

STUDIOCANAL Presents ★★★★

Sex ●●○ Violence ○○○ Language ●●○

This superior weepie slickly combines elements of romantic comedy and tearjerking tragedy while jumping back and forward in time to tell its story. Giving superb performances, stars Florence Pugh and

Good times: Andrew and Florence

ACTION COMEDY

Bullet Train

1.35pm, Sky Action ★★★★

Sex ●○○ Violence ●●● Language ●●●

Brad Pitt is a hoot as a hitman who has to hop on Japan's fastest moving train and steal a briefcase. But a heap of shifty types (including Joey King, Brian Tyree Henry, Aaron Taylor-Johnson, Andrew Koji and Zazie Beetz) are also on board. The plot, which goes off the rails with its twists and turns, is a bit flabby, but director David Leitch and his disposable A-list cast have a ball with this stylish, explosive mix of comedy and carnage. 2022, 15, 127MIN

SCI-FI ACTION

Mad Max 2

4.30pm, Sky Sci-Fi/Horror ★★★★

Sex ●○○ Violence ●●○ Language ●●○

With a much bigger budget and non-stop stunts, this excellent sequel sees the return of Mel Gibson's monosyllabic road warrior. Driving through a post-apocalyptic wilderness where petrol is in short supply, our hero takes on a gang of bikers laying siege to an oil refinery. Bruce Spence as the Gyro Captain is a film stealer and the story is a blend of mythic heroism and comic-book action. 1981, 15, 95MIN

1 July

Andrew Garfield anchor the choppy narrative and manage to keep us invested in the romance of his cereal marketer and her brilliant chef, from their 'meet-cute' (she runs him over) through to the birth of their daughter (Grace Delaney) and her cancer diagnosis. Just don't expect the film to stick to that linear timeline. 2024, 15, 107MIN

COMEDY

A Cock and Bull Story

9pm, BBC3 ★★★

Sex ●○○ Violence ○○○ Language ●●○

Not a version of Laurence Sterne's 'unfilmable' 18th-century romp *Tristram Shandy*, but a comedy about a crew trying to film it. Steve Coogan and Rob Brydon vie for comic honours playing characters in the novel and the actors playing them, and are happy to portray their real selves as insufferable and insecure. A film that goes round in circles but manages never to outstay its welcome. 2005, 15, 94MIN

ROMANTIC DRAMA

Past Lives

12.35am, BBC2 ★★★★★

Sex ○○○ Violence ○○○ Language ●●○

In Seoul, two childhood pals' relationship ends when the girl's family uproots to Toronto. While social media allows Nora (Greta Lee) and Nae Sung (Teo Yoo) to rekindle a connection, they don't meet again until 24 years later in New York where Nora lives with Arthur (John Magaro). Writer-director Celine Song's exceptional directorial debut is a tender, exquisitely judged drama. 2023, 12, 106MIN

■ Full listings start on p75

Thursday 2 July

COMEDY DRAMA

The Ballad of Wallis Island

8pm, Sky Hidden Gems ★★★★

Sex ○○○ Violence ○○○ Language ●○○

Arriving on a tiny island for a lucrative gig, down-on-his-luck folk musician Tom Basden has no idea it's a concert for one. The person is Tim Key, an awkward but eternally optimistic man who, again unknown to the singer, has also invited Basden's ex-partner (Carey Mulligan) for a musical reunion, after the pair split over a decade ago. A sweet tale of lost love, grief and the power of music, it's also quietly amusing – especially thanks to Key – and capable of real pathos that hits surprisingly hard. 2025, 12, 99MIN

Folk wisdom: Tom, Carey and Tim

WAR THRILLER

Zero Dark Thirty

9pm, Legend ★★★★★

Sex ○○○ Violence ●●● Language ●●●

Brilliantly capturing the intensity and uncertainty of America's decade-long quest to catch al-Qaeda terrorist leader Osama bin Laden after 9/11, director Kathryn Bigelow's intelligent, complex and nerve-shredding drama is breathtaking. Oscar-nominated Jessica Chastain is outstanding as a CIA agent who follows even the thinnest of clues, hints and hunches with steely resolve and single-minded tenacity. 2012, 15, 157MIN

SCI-FI CHILLER

Significant Other

1am, C4 ★★★★

Sex ○○○ Violence ●●○ Language ●●○

Backpacking through Oregon, couple Maika Monroe and Jake Lacy experience something that is not of this world. From the opening shot, we know this is a sci-fi movie, but the film subverts expectation, becoming something quite different. Monroe brings a believable, low-key reality to her performance and, along with Lacy, carries the film. A neat, genuinely surprising chiller that could well be destined for cult status. 2022, 15, 84MINS

COMEDY

Trading Places

11.50pm, Sky Greats ★★★★

Sex ●○○ Violence ●○○ Language ●○○

Dan Aykroyd is a stuck-up financier for amoral tycoons the Duke brothers (Ralph Bellamy and Don Ameche), while Eddie Murphy is a wily street hustler. On a bet, the Dukes swap them round – and the fun begins! Jamie Lee Curtis weighs in as a tart with a heart and Denholm Elliott's droll butler gets all the best lines. A big hit in the 1980s, this screwball comedy's humour is more problematic now but can still raise plenty of laughs. 1983, 15, 116MIN

FANTASY HORROR

The Bride!

2.25am, Sky Sci-Fi/Horror ★★★★

Sex ●●● Violence ●●● Language ●●●

A gloriously unhinged monster mash of a movie, this stars Jessie Buckley as the Bride. A gangster's moll in 1936 Chicago who meets a violent end, she is 'reinvigorated' by mad scientist Annette Bening as a mate for lonely monster 'Frank' played by Christian Bale. The film brims with visual daring, anarchic energy and has a brilliant cast. 2025, 15, 127MIN

■ Full listings start on p85

Friday 3 July

ROMANTIC COMEDY

Bros

1.05am, C4 ★★★★

Sex ●○○ Violence ○○○ Language ●●○

New Yorker Bobby (Billy Eichner, who also co-wrote with director Nicholas Stoller) is a curator working/quarrelling with colleagues on the opening of the first national LGBTQ+ museum. At a launch party, Bobby locks eyes with Aaron (Luke Macfarlane). There's clearly an attraction, but can this unsure, chalk-and-cheese pair make things work? Marketed as the first gay romcom from a Hollywood studio, the film follows a familiar path plotwise, but is still a frank, funny delight. 2022, 15, 116MIN

Chasing rainbows: Billy

COMEDY

The Cable Guy

9.10am & 4.40pm, Sky Greats ★★★★

Sex ○○○ Violence ●○○ Language ●○○

Meek Matthew Broderick makes the mistake of asking unhinged Jim Carrey to install his cable TV system – then can't get rid of him. Directed by Ben Stiller, this merciless satire mixes belly laughs, pathos and a truly vicious streak with an ace turn from Carrey. Highlights include the daffy medieval theme park, the TV murder trial running gag and the slapstick finale set in a big satellite dish. 1996, 12, 96MIN

COMEDY

The Intern

4.15pm, Sky Cinema Comedy ★★★★

Sex ○○○ Violence ○○○ Language ●○○

Robert De Niro's bored 70-year-old widower applies for a post as a senior intern at an online fashion start-up and gets assigned as an assistant to its overworked boss, Anne Hathaway's driven micro-manager. His worldly wisdom and retro cool quickly wins over his younger male colleagues, but Hathaway's prickly character proves a tougher nut. An old-fashioned feel-good treat. 2015, 12, 121MIN

CLASSIC COMEDY

Two-Way Stretch

2.45pm, Talking Pictures ★★★★★

Sex ○○○ Violence ○○○ Language ○○○

Wilfrid Hyde White gives one of his funniest performance as Soapy Stevens, a fake vicar who helps prisoners Peter Sellers, Bernard Cribbins and David Lodge pull a robbery while they are, supposedly, in jail. Lionel Jeffries, as the ramrod stiff warder Sidney Crout, is the butt of most of the jokes, while on the outside there's Irene Handl and Liz Fraser to help with the big job. An essential British comedy. 1959, U, 87MIN

COMEDY DRAMA

Licorice Pizza

12m't, BBC2 ★★★★

Sex ●○○ Violence ○○○ Language ●●○

Beautifully crafted and realised, writer-director Paul Thomas Anderson's scattershot, freewheeling comedy drama is set in California's San Fernando Valley in 1973. There, 15-year-old child actor Gary (Cooper Hoffman) falls for aimless 25-year-old Alana (Alana Haim). Their funny, tender relationship is the spine of an episodic ride that takes in real characters. 2021, 15, 133MIN

■ Full listings start on p95

Sport week

Your ultimate guide to the best of the week's live action

Saving a spot-kick against Colombia in 2018

World Cup

THE MAIN EVENT

Jordan Pickford's guide to saving a penalty as the knockout stage begins...

LIVE FOOTBALL

World Cup 2026

From Saturday, BBC1, BBC2, ITV1 & ITV4

Following the conclusion of the group games over the weekend, including England's last Group L match against Panama at the New York New Jersey Stadium (see p33), the World Cup knockout stage begins on Sunday with the first round-of-32 matches.

The extra knockout round means, inevitably, even more ties will be decided by penalty shoot-outs – with all the nerve-shredding tension they entail for players and fans alike.

It's also a chance for goalkeepers to make the saves that will go down in their country's footballing history. Here, England's Jordan Pickford and Germany star Manuel Neuer give their tips on how to save a penalty…

DO YOUR RESEARCH

Since 2018, England No 1 Jordan Pickford has saved five out of the 20 shoot-out penalties he has faced at major tournaments, including a vital stop against Colombia in 2018, and he famously keeps information on his water bottle that tells him where players are likely to shoot.

Likewise, Germany shotstopper Manuel Neuer, 40, who is appearing in his fifth World Cup, spends hours analysing his opponents.

'I know their favourite side to shoot,' says Neuer, who saved two penalties against Italy at Euro 2016. 'Analytics is part of the routine.'

Pickford has over 80 caps for England

UNSETTLE THE PENALTY-TAKER

Another part of Pickford's strategy is the use of mind games. He often pulls faces, adjusts his gloves, moves on his line to disrupt the taker's focus, or talks to the referee to delay the kick. Research has shown that the longer the kick is delayed, the more likely it will be unsuccessful.

'I'm a lot quieter off the pitch, but once I step over that white line, everything comes out with me – the passion, being in the zone,' he says. 'I believe that I am going to save at least one penalty in a shoot-out.'

KEEP YOUR FOCUS

Neuer says making yourself big and intimidating in the goal is crucial, along with keeping a close eye on the penalty-taker's preparations and run-up.

'You also have to read the player, and his position when he approaches the ball,' he adds. 'Facing a shoot-out penalty is different from a penalty in the game – you have to focus on a long list of players and you need to find a good rhythm.'

WORDS: RICHARD MCCLURE. PHOTOS: ADOBE STOCK, ALAMY, GETTY

DID YOU KNOW?

- Penalty shoot-outs were introduced at the 1978 tournament in Argentina – although none were needed. The first shoot-out came at Spain '82 when West Germany defeated France 5-4 in a semi-final.
- There have been 35 World Cup shoot-outs. Qatar 2022 has seen the most (five), including the France-Argentina final. That was the third showpiece to be settled on penalties after 1994 (Brazil v Italy) and 2006 (Italy v France).
- The success rate of World Cup penalties scored in normal and extra time is 79.1%, but drops to 69.4% in shoot-outs when the pressure increases and other members of the team also take kicks.
- Germany and Croatia have won all the World Cup shoot-outs they have been involved in (four), while Argentina have taken part in the most – winning six out of their seven.

Manuel Neuer of Germany

LIVE MOTORSPORT

F1: Austrian Grand Prix

Sunday, race starts 2pm, Sky Sports F1 & Sky Sports Main Event

A delighted Sir Lewis Hamilton took the chequered flag in Barcelona on 14 June to claim his maiden F1 victory as a Ferrari driver, and his first win since the Belgian Grand Prix in 2024. With championship leader Kimi Antonelli retiring from the race, the result means Hamilton is 41 points behind his Mercedes rival in the standings. The 41-year-old seven-time champion is now the fourth driver in his 40s to win an F1 race since 1958 – following Graham Hill, Jack Brabham and Nigel Mansell. On Sunday, he bids to cut the deficit even further at the Red Bull Ring, where he has won just once, 10 years ago.

Hamilton leading the pack in Barcelona

Sir Lewis Hamilton

Isla Norman-Bell of Trailfinders

LIVE RUGBY UNION

PWR final

Sun, kick-off 3pm, TNT Sports 1

Having only joined the Premiership Women's Rugby in 2023, Trailfinders play in their first-ever final on Sunday when Barney Maddison's side, based in Ealing, west London, meet Saracens at Twickenham Stoop. Trailfinders reached the showpiece thanks to a stunning victory over Gloucester Hartpury, champions for the past three seasons, with Isla Norman-Bell scoring two vital tries, while Saracens narrowly defeated Exeter Chiefs as they target a first title since 2022.

India's Vaibhav Sooryavanshi

LIVE CRICKET

England v India: First T20

Wednesday, play starts 5.30pm, Sky Sports Cricket & Sky Sports Main Event

Teenager Vaibhav Sooryavanshi brings his remarkable talents to Durham's Riverside Ground on Wednesday when England host India in the first of five T20 matches. The 15-year-old has been a sensation for Rajasthan Royals in the Indian Premier League, finishing top of the batting charts with 776 runs and breaking Chris Gayle's record for most sixes in a season. Also this week, the Women's T20 World Cup sees England conclude their group games against New Zealand at The Oval (Sat, 6.30pm, Sky Mix & Sky Sports), before the same venue stages the semi-finals on Tuesday (2.30pm) and Thursday (6.30pm).

England women's Danni Wyatt-Hodge

US sprinter Noah Lyles

LIVE ATHLETICS

Diamond League: Paris

Sunday, BBC2

Olympic champion Noah Lyles is among the stars at the Paris meeting when the American competes in the men's 100m. Meanwhile, Sweden's pole-vault icon Mondo Duplantis will want to bounce back after his first defeat in 40 meets. The world and Olympic champion finished second to Australia's Kurtis Marschall at the Swede's home Diamond League event in Stockholm at the beginning of June.

Sport A-Z and football planner »»

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ATHLETICS

LIVE Diamond League: Paris
Sun 5pm BBC2
The Meeting de Paris held at Stade Sébastien Charléty. See p29.

AUSTRALIAN RULES

LIVE Collingwood Magpies v Richmond Tigers
Sat 7am TNT Sports 4

LIVE Port Adelaide Power v Adelaide Crows
Sat 10.30am TNT Sports 4

LIVE Fremantle Dockers v Gold Coast Suns
Sun 8am TNT Sports 1

LIVE Geelong Cats v Brisbane Lions
Thu 10.15am TNT Sports 1

LIVE Sydney Swans v Western Bulldogs
Fri 10.30am TNT Sports 1

LIVE West Coast Eagles v Adelaide Crows
Fri 11am TNT Sports 2

LIVE Hawthorn Hawks v Melbourne Demons
Fri 4am TNT Sports 1

LIVE GWS Giants v Fremantle Dockers
Fri 4.30am TNT Sports 2

BASEBALL

LIVE Boston Red Sox v New York Yankees
Sat 6pm TNT Sports 3

LIVE New York Mets v Philadelphia Phillies
Sat 9pm TNT Sports 1

LIVE New York Mets v Philadelphia Phillies
Sun 6.30pm TNT Sports 1

LIVE Boston Red Sox v New York Yankees
Sun 12m't TNT Sports 1

LIVE Cleveland Guardians v Texas Rangers
Mon 12m't TNT Sports 1

LIVE New York Yankees v Detroit Tigers
Tue 12m't TNT Sports 1

LIVE Chicago Cubs v San Diego Padres
Wed 7pm TNT Sports 1

LIVE Milwaukee Brewers v Cincinnati Reds
Thu 7pm TNT Sports 1

LIVE Los Angeles Dodgers v San Diego Padres
Thu 3am TNT Sports 1

Motorsport
Wales' Elfyn Evans leads the World Rally Championship going into round eight

LIVE Chicago Cubs v St Louis Cardinals
Fri 9pm TNT Sports 1

LIVE Atlanta Braves v New York Mets
Fri 12m't TNT Sports 1 & TNT Sports 2

BOXING

LIVE Zuffa Boxing
Sun 10.30pm Sky Sports Action & 12m't Sky Sports Main Event

LIVE Edwin De Los Santos v José Valenzuela
Sun 2am Sky Sports Main Event & Sky Sports Action

COMBAT SPORTS

LIVE Fight Night Prelims
Sat 3pm TNT Sports 1

LIVE Rafael Fiziev v Manuel Torres
Sat 5pm TNT Sports 1

CRICKET

LIVE Netherlands v Pakistan
Sat 10am Sky Sports+
Women's T20 World Cup match.

LIVE England v New Zealand
Sat & Sun 10.15am & 4pm, Mon 10.15am Sky Sports Main Event; Sat-Mon 10.15am Sky Sports Cricket
Days three to five of the third and final Test staged at Trent Bridge.

LIVE Ireland v West Indies
Sat 2pm Sky Sports+ & Sky Sports Mix
The Women's T20 World Cup Group B match from Bristol County Ground.

LIVE West Indies v Sri Lanka
Sat 2.45pm & Sun 5.15pm TNT Sports 2; Mon 2.45pm TNT Sports 1
Days three to five of the first Test staged at Sir Vivian Richards Stadium.

LIVE England v New Zealand
Sat 6pm Sky Sports Mix, 6.30pm Sky Sports Main Event & Sky Mix, 7pm Sky Sports Cricket
The Women's T20 World Cup Group B match at The Kia Oval in London.

LIVE MI New York v LA Knight Riders
Sat 10.15pm Sky Sports Cricket & 11pm Sky Sports Main Event

LIVE Washington Freedom v Texas Super Kings
Sat 2.15am Sky Sports Cricket & 2.20am Sky Sports Main Event

LIVE Bangladesh v South Africa
Sun 10am Sky Sports+
Women's T20 World Cup match.

LIVE Australia v India
Sun 2pm Sky Sports+
Women's T20 World Cup fixture.

LIVE Ireland v India
Sun 3pm TNT Sports 2
The second and final T20 in Belfast.

LIVE LA Knight Riders v Seattle Orcas
Sun 10.15pm Sky Sports Cricket

LIVE San Francisco Unicorns v Washington Freedom
Sun 2.15am Sky Sports Cricket

LIVE Women's T20 World Cup
Tue 2pm Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix
The opening semi-final staged at The Kia Oval in London.

LIVE England v India
Wed 5pm Sky Sports Main Event & Sky Sports Cricket
The first T20 match from Banks Homes Riverside. See p29.

LIVE LA Knight Riders v Washington Freedom
Wed 2.15am Sky Sports Cricket & 2.30am Sky Sports Main Event

LIVE Women's T20 World Cup
Thu 6pm Sky Sports Main Event, Sky Sports Cricket & Sky Sports Mix
The second semi-final staged at The Kia Oval in London.

LIVE Seattle Orcas v MI New York
Thu 2am Sky Sports Main Event & 2.15am Sky Sports Cricket

LIVE The Blaze v Surrey
Fri 2.25pm Sky Sports Cricket
The Women's T20 Blast match.

LIVE West Indies v Sri Lanka
Fri 2.45pm TNT Sports 2
Day one of the second and final Test.

LIVE Notts Outlaws v Lancashire Lightning
Fri 6.25pm Sky Sports Cricket & 6.30pm Sky Sports Main Event
The T20 Blast North Group match.

LIVE LA Knight Riders v Texas Super Kings
Fri 2.15am Sky Sports Cricket & 2.30am Sky Sports Main Event

CYCLING

LIVE National Road Championship
Sat 11.45am TNT Sports 1; Sun 8.30am TNT Sports 4

LIVE BMX Racing
Sat 6.30pm TNT Sports 4

LIVE UCI Mountain Bike World Series
Fri 4pm TNT Sports 1

GOLF

LIVE R&A Women's Amateur Championship
Sat 8.30am Sky Sports Main Event & Sky Sports Golf, 8.30am & 1pm Sky Sports Mix
The final at Muirfield in Gullane.

LIVE Italian Open
Sat 12.30pm & Sun 11am Sky Sports Golf
The third and fourth days in Turin.

LIVE Women's PGA Championship
Sat 5pm & Sun 4pm Sky Sports Golf; Sun 7pm Sky Sports Main Event
Days three and four of the Major from Hazeltine National Golf Club.

LIVE Travelers Championship
Sat & Sun 6pm Sky Sports+; Sat 10pm & Sun 9pm Sky Sports Main Event & Sky Sports Golf; Sun 1.45pm Sky Sports Mix
Days three and four in Connecticut.

LIVE BMW International Open
Thu 11.30am Sky Sports Main Event; Thu & Fri 11.30am Sky Sports Golf
The first and second days at Golfclub München Eichenried.

LIVE John Deere Classic
Thu & Fri 12.45pm Sky Sports+, 5pm Sky Sports Golf & 10pm Sky Sports Main Event
The first and second days staged at TPC Deere Run in Silvis, Illinois.

LIVE Hulencourt Women's Open
Thu & Fri 3pm Sky Sports Mix
Days one and two at Hulencourt Golf Club in Genappe, Belgium.

LIVE US Senior Open
Thu & Fri 4pm & 10pm Sky Sports+
The first and second days at Scioto Country Club in Columbus, Ohio.

LIVE Arnold Palmer Cup
Fri 9am Sky Sports Mix
Day one at Tralee Golf Links, Ireland.

HORSE RACING

LIVE Newcastle
Sat 1.25pm ITV1

MINORITY SPORTS

LIVE BMX Racing
Sat 6.30pm TNT Sports 4

MOTORCYCLING

LIVE MotoGP
Sat 7.30am & Sun 8.30am TNT Sports 2
Grand Prix of Netherlands build-up.

LIVE MotoGP Rookies Cup
Sun 7.30am TNT Sports 2

LIVE The Grand Prix of Netherlands Moto3 race
Sun 9am TNT Sports 2

LIVE The Grand Prix of Netherlands Moto2 race
Sun 11am TNT Sports 2

LIVE The Grand Prix of Netherlands MotoGP race
Sun 12.15pm TNT Sports 2

LIVE Piraterna v Indianerna
Tue 5.55pm Premier Sports 1

MOTORSPORT

LIVE World Rally Championship
Sat 7.15am, 9am & 10.45am, Sun 12noon TNT Sports 1; Sat 2.15pm TNT Sports 4; Sun 6.15am, 7.30am TNT Sports 3

LIVE Formula 3
Sat 9am Sky Sports F1
Austrian Grand Prix sprint race.

LIVE Formula 1
Sat 11.15am Sky Sports F1
Austrian Grand Prix third practice.

LIVE Formula 2
Sat 1.10pm Sky Sports F1
Austrian Grand Prix sprint race.

LIVE Formula 1
Sat 2.15pm Sky Sports F1 & 2.30pm Sky Sports Main Event
Austrian Grand Prix qualifying.

LIVE Formula 3
Sun 7.35am Sky Sports F1
Austrian Grand Prix feature race.

LIVE Formula 2
Sun 9.05am Sky Sports F1
Austrian Grand Prix feature race.

LIVE Porsche Supercup
Sun 10.50am Sky Sports F1

LIVE Formula 1
Sun 12.30pm Sky Sports F1 & 1pm Sky Sports Main Event
The Austrian Grand Prix. See p29.

LIVE NASCAR
Sun 7.30pm Premier Sports 2

LIVE F1 Academy
Fri 7.40am Sky Sports F1

LIVE Formula 3
Fri 8.45am Sky Sports F1
British Grand Prix practice session.

LIVE Formula E
Fri 9am TNT Sports 1; Fri 1.30am & 3.30am TNT Sports 3

LIVE Formula 2
Fri 9.55am Sky Sports F1
British Grand Prix practice session.

LIVE Formula 1
Fri 12noon Sky Sports Main Event, Sky Sports F1 & Sky One, 12.25pm C4
British Grand Prix practice session.

LIVE Formula 3
Fri 1.55pm Sky Sports Main Event & Sky Sports F1
British Grand Prix qualifying session.

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HOW TO STREAM TV

Everything you need to know about all the channels available to stream...

BBC iPlayer

A free video-on-demand service from the BBC, featuring BBC dramas including *Luther*, *Doctor Who* and *Line of Duty*, as well as hits including *The Responder* and *This City Is Ours*. There are many comedies, too, from *Not Going Out* to *Ghosts* and *Mrs. Brown's Boys*, plus all episodes of *The Traitors* and *Race Across the World*. You can also watch BBC channels live. It's available online and on devices including mobile phones, tablets and smart TVs.

ITVX

This free streaming channel is the home for all ITV shows, films and much more – from drama box sets such as *Trigger Point* to *Love Island* episodes and James Bond movies. It can be accessed on smart TVs and an app to download. You can upgrade to ITVX Premium for an extra fee for even more content and ad-free viewing.

Free to watch

Channel 4 Streaming

A free streaming channel for all C4 content, this is home to shows from *Location, Location, Location* to *Celebrity Gogglebox*, plus a huge selection of true-crime series and documentaries, including *24 Hours in A&E*, as well as box-set comedies such as *Friday Night Dinner*, *Peep Show* and *Derry Girls*. You can access online via channel4.com, your smart TV or an app download. An upgrade to Channel 4+ for an extra fee also gives you more shows, early access and ad-free viewing.

5 Streaming

A free video-on-demand service from 5 that features bingeable box sets of American shows such as *Dexter* and *The Good Wife*, plus top British dramas including *All Creatures Great & Small*. There's also a huge selection of police documentaries, from *Traffic Cops* to *Police Interceptors*, plus kids' shows from *Peppa Pig* to *Paw Patrol*. The service is available on smart TVs and streaming devices via channel5.com and the app.

U

The free streaming service offers drama, comedy and entertainment, from recent shows like *The Marlow Murder Club* and *Bergerac* to classic series such as *Pride and Prejudice*. There are also American box sets, plus lots of true-crime documentaries and favourites such as *Canal Boat Diaries*. It can be accessed via an app and on smart TVs.

Subscription services

Netflix

This paid-for streaming channel features plenty of original content, with shows from *The Four Seasons* and *Toxic Town* to *Con Mum* and *The Real Fatal Attraction*. There are also new and classic films such as *I Swear* and *Mean Girls*. You can access Netflix via smart TVs, the website and an app to download.

Prime Video

The paid-for subscription channel features plenty of original TV shows like *Clarkson's Farm* and *Nine Perfect Strangers*. There are also comedy shows such as *Last One Laughing*, plus plenty of newly released films available to stream, buy or rent including BAFTA-winner *Conclave*. Prime Video can be accessed on TVs, mobiles, tablets and more.

Disney+

The home of most Disney content is a paid-for streaming channel that has classic movies such as *Mary Poppins* and *Dumbo*, recent films including *A Complete Unknown*, top dramas like *A Thousand Blows*, plus a large selection of National Geographic documentaries such as *Ocean with David Attenborough*. There's every Star Wars film and spin-off series such as *Andor*, plus the Muppets' catalogue of films and shows. It's available on smart TVs, an app download and online.

Apple TV

There's a selection of high-quality, exclusive, original-production films and TV series called Apple Originals. Content includes top dramas *Slow Horses*, *Smoke* and *Severance*, comedies like *Ted Lasso* and *Bad Sisters*, plus films *Napoleon* and *Blitz*. This paid-for streaming channel is available on smart TVs and the Apple TV app.

Paramount+

This is the home to blockbuster Paramount movies, new originals and hit shows, primarily from the libraries of US TV station CBS, with TV series including *Yellowstone* and *Star Trek: Discovery*. There's also a huge selection of Smithsonian documentaries and Nickelodeon shows including *SpongeBob SquarePants*. The paid-for streaming service is available on desktop, smart TVs and an app, and is also available free for Sky Cinema subscribers.

Discovery+

This is a paid-for streaming service that focuses on factual programming and original series. There's a library of real-life entertainment with eye-opening docuseries such as *Celebrity Help! My House Is Haunted*.

Sky Store

This paid-for streaming service is home to the latest blockbuster movies straight from the cinema, either to buy or rent, as well as TV shows to buy and keep including *The White Lotus* and *The Last of Us*. It's independent from Sky's TV service, meaning a Sky TV subscription isn't required, but you must create an account to access products and services.

MGM+

This is a paid-for streaming service that features a variety of content including titles from Lionsgate and US network Starz as well as original MGM+ series. Shows and films include *Godfather of Harlem* and *Legally Blonde*, plus the James Bond movies. Subscribe to MGM+ via Prime Video for a monthly fee.

Acorn TV

Many favourite dramas, murder mysteries and comedies from around the world appear here first. Current hit series include *Whitstable Pearl*, *Harry Wild*, *Darby and Joan*, *Signora Volpe* and *Recipes for Love & Murder*. The paid-for streaming service is available on smart TVs and via a mobile app.

NOW

There is a host of Sky TV shows and box sets to watch on this paid-for streaming service including *The Day of the Jackal*, *Brassic*, *Gangs of London* and *The White Lotus*. A choice of plans means that you can also stream Sky Sports to enjoy Formula One and other sporting events, and even watch the latest movies and Sky Original films. It's available to stream via your smart TV.

DAZN

This paid-for streaming sports service features boxing, NFL, kick-boxing, LIV Golf and women's football. It broadcasts both live and on-demand. You can access it via its mobile app and on smart TVs. It's also available as a Prime Video channel at an additional subscription cost.

HBO MAX

This new streaming giant is a paid-for service that offers access to the vast library of new and past HBO shows including some huge series such as *The Pitt*, *The White Lotus*, *Game of Thrones*, *House of the Dragon*, *The Comeback*, *Euphoria* and *Hacks*. It's also the new home of all seasons of *Friends* and (for extra) TNT Sports, which includes football, cricket, French Open tennis and Premiership rugby union. The service is available on smart TVs, plus on a downloadable app and online.

WORDS: NICK CANNON, HANNAH DAVIES. PHOTO: NIJAT/STOCK.ADOBE.COM

LIVE Formula 2
Fri 2.50pm Sky Sports Main Event & Sky Sports F1
British Grand Prix qualifying session.

LIVE Formula 1
Fri 3.35pm Sky Sports Main Event, Sky Sports F1 & Sky One, 4pm C4
British Grand Prix sprint qualifying.

LIVE F1 Academy
Fri 5.55pm Sky Sports F1

LIVE Indycar
Fri 8pm Sky Sports Mix

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 2

RUGBY LEAGUE

LIVE Dolphins v New Zealand Warriors
Sat 6am Sky Sports Action & Sky Sports+

LIVE North Queensland Cowboys v Penrith Panthers
Sat 8.30am Sky Sports Action

LIVE Manly-Warringah Sea Eagles v Melbourne Storm
Sat 10.35am Sky Sports Action

LIVE Newcastle Knights v Wests Tigers
Sun 7.05am Sky Sports Action & Sky Sports+

LIVE Cronulla-Sutherland Sharks v Newcastle Knights
Thu 10.45am Sky Sports Mix

LIVE Penrith Panthers v South Sydney Rabbitohs
Fri 11am Sky Sports Action

LIVE Gold Coast Titans v Sydney Roosters
Fri 3.45am Sky Sports Mix

RUGBY UNION

LIVE Italy v Scotland
Sat 9.50am Premier Sports 1

LIVE England v Ireland
Sat 12.20pm Premier Sports 1

LIVE Barbarians v Wales
Sat 1.30pm S4C

LIVE Wales v Georgia
Sat 2.50pm Premier Sports 2

LIVE Barbarians v Wales
Sat 4.30pm S4C

LIVE Top 14 final
Sat 8pm Premier Sports 1

LIVE Saracens v Trailfinders
Sun 2.15pm TNT Sports 1 (kick-off 3pm) The Premiership Women's Rugby final staged at Twickenham Stoop. See p29.

LIVE Wales v Uruguay
Thu 9.50am Premier Sports 2

LIVE Argentina v Ireland
Thu 12.20am Premier Sports 2

LIVE England v USA
Thu 2.50pm Premier Sports 1

LIVE New Zealand v Scotland
Thu 2.50pm Premier Sports 2

TENNIS

LIVE WTA Bad Homburg Open final
Sat 12.30pm Sky Sports Tennis

LIVE ATP Mallorca Open final
Sat 2.30pm Sky Sports Tennis

LIVE Wimbledon
Mon 10.30am, Tue, Thu & Fri 11am, Wed 1pm BBC2; Mon, Tue, Thu & Fri 2pm & 7pm, Wed 11.15am, 2pm & 7pm BBC1
Days one to five at All England Club.

Football planner

Saturday 27

LIVE The Disability FA Cup Amputee Final
9.30am TNT Sports 3

LIVE The Disability FA Cup Partially Sighted Final
12noon TNT Sports 3

LIVE The Disability FA Cup Blind Final
2.45pm TNT Sports 3

LIVE Panama v England
8.45pm ITV1 (kick-off 10pm)
The World Cup Group L match at New York/New Jersey Stadium in the USA, as the two sides play their final group game. Thomas Tuchel's team are aiming to make it out of the group stage for the third consecutive time at the finals, after reaching the semi-finals and quarter-finals in 2018 and 2022, respectively. With analysis from Roy Keane, Ian Wright and Gary Neville, pitchside inserts from Laura Woods, Emma Hayes and Karen Carney, and commentary from Sam Matterface and Lee Dixon. See p28.

LIVE Croatia v Ghana
8.45pm ITV4 (kick-off 10pm)
The World Cup Group L match at Philadelphia Stadium in the USA.

LIVE Colombia v Portugal
12.05am BBC1 (kick-off 12.30am)
Both teams' third and final World Cup match in Group K staged at Miami Stadium in the USA. These two sides came into the tournament as favourites to progress from a group also containing DR Congo and Uzbekistan and will have both expected to have already secured their place in the last 32.

LIVE DR Congo v Uzbekistan
12.20am BBC2 (kick-off 12.30am)
The third and final World Cup Group K match for both nations held at Atlanta Stadium in the USA.

LIVE Algeria v Austria
2.45am BBC2 (kick-off 3am)
The World Cup Group J match held at Kansas City Stadium, as both sides play their last group game.

LIVE Jordan v Argentina
2.50am BBC1 (kick-off 3am)
The World Cup Group J match at Dallas Stadium in the USA, as the two teams meet for the first time in their history. Jordan will be hoping to advance to the knockout phase in their maiden appearance, while their opponents have gone 24 years without being eliminated at this stage of a World Cup.

Sunday 28

LIVE The Disability FA Cup CP Final
9.30am TNT Sports 3

LIVE The Disability FA Cup Powerchair Final
12noon TNT Sports 3

LIVE The Disability FA Cup Deaf Final
1.45pm TNT Sports 3

LIVE Group A runner-up v Group B runner-up
7.15pm ITV1 or 7.30pm BBC1 (kick-off 8pm)
The first World Cup round-of-32 match at Los Angeles Stadium.

WORLD CUP 2026

The group stage concludes with six ties on Saturday

Panama v England

Saturday, kick-off 10pm, ITV1

Captain Harry Kane (above) ensured the Three Lions got off to a winning start in Group L and Thomas Tuchel's team will start their remaining group match as heavy favourites in New Jersey. If England top the group they play a third-place finisher in Atlanta on Wednesday (5pm).

Croatia v Ghana

Saturday, kick-off 10pm, ITV4

Croatia's Luka Modric (above) looked a shadow of his former self in the 4-2 defeat to England, and the scheming midfielder will need a return to his best in Philadelphia. Ghana opened their Group L campaign with a 1-0 victory over Panama thanks to Caleb Yirenkyi's late winner.

Colombia v Portugal

Saturday, kick-off 12.30am (Sunday morning), BBC1

He's become the oldest outfield player to start a World Cup match, but Cristiano Ronaldo (above) needs to step up if Portugal are to go deep. Miami is the venue for their final Group K match against a Colombia side featuring Bayern's Luis Díaz.

DR Congo v Uzbekistan

Saturday, kick-off 12.30am (Sunday morning), BBC2

Newcastle striker Yoane Wissa (above) scored DR Congo's first ever World Cup goal in his side's draw with Portugal in Group K. Can the African nation progess as they take on debutants Uzbekistan in Atlanta?

Jordan v Argentina

Saturday, kick-off 3am (Sunday morning), BBC1

Lionel Messi (above), who turns 39 on 24 June, scored his first World Cup hat-trick in the 3-0 defeat of Algeria to equal Miroslav Klose's record of 16 goals on his 200th appearance for his country. Argentina travel to Dallas for their last Group J tie.

Algeria v Austria

Saturday, kick-off 3am (Sunday morning), BBC2

Former Stoke City and West Ham striker Marko Arnautovic (above) scored a late penalty to seal an impressive opening 3-1 win against Jordan – Austria's first victory in the tournament since 1990. Kansas City is the venue for this Group J closer.

Monday 29

LIVE Group C winner v Group F runner-up
5.15pm ITV1 or 5.30pm BBC1 (kick-off 6pm)
The second World Cup round-of-32 game at Houston Stadium.

LIVE Group E winner v Group A/B/C/D/F third-placed team
8.35pm ITV1 or 9pm BBC1 (kick-off 9.30pm)
The third World Cup round-of-32 fixture staged at Boston Stadium.

LIVE Group F winner v Group C runner-up
1.15am ITV1 or 1.45am BBC1 (kick-off 2am) The fourth World Cup round-of-32 match.

Tuesday 30

LIVE Group E runner-up v Group I runner-up
5.15pm ITV1 or 5.30pm BBC1 (kick-off 6pm)
The fifth World Cup round-of-32 game staged at Dallas Stadium.

LIVE Group I winner v Group C/D/F/G/H third-placed team
9.15pm ITV1 or 9.30pm BBC1 (kick-off 10pm) The sixth World Cup round-of-32 match.

LIVE Group A winner v Group C/E/F/H/I third-placed team
1.15am ITV1 or 1.45am BBC1 (kick-off 2am) The seventh World Cup round-of-32 game.

Wednesday 1

LIVE Group L winner v Group E/H/I/J/K third-placed team
4pm BBC1 or 4.15pm ITV1 (kick-off 5pm)
The eighth World Cup round-of-32 match staged at Atlanta Stadium.

LIVE Group G winner v Group A/E/H/I/J third-placed team
8.15pm ITV1 or 8.30pm BBC1 (kick-off 9pm)
The ninth World Cup round-of-32 match held at Seattle Stadium.

LIVE Group D winner v Group B/E/F/I/J third-placed team
12.15am ITV1 or 12.50am BBC1 (kick-off 1am) The 10th World Cup round-of-32 game in San Francisco.

Thursday 2

LIVE Group H winner v Group J runner-up
7.15pm ITV1 or 7.30pm BBC1 (kick-off 8pm)
The 11 th World Cup round-of-32 match at Los Angeles Stadium.

LIVE Group K runner-up v Group L runner-up
11.15pm ITV1 or 11.30pm BBC1 (kick-off 12m't)
The 12th World Cup round-of-32 fixture held at Toronto Stadium.

LIVE Group B winner v Group E/F/G/I/J third-placed team
3.30am ITV1 or 3.45am BBC1 (kick-off 4am)
The 13th World Cup round-of-32 game at BC Place Vancouver.

Friday 3

LIVE Group D runner-up v Group G runner-up
6.15pm ITV1 or 6.30pm BBC1 (kick-off 7pm)
The 14th World Cup round-of-32 match held at Dallas Stadium.

LIVE Group J winner v Group H runner-up
10.15pm ITV1 or 10.40pm BBC1 (kick-off 11pm)
The 15th World Cup round-of-32 match staged at Miami Stadium.

LIVE Group K winner v Group D/E/I/J/L third-placed team
2am ITV1 or 2.15am BBC1 (kick-off 2.30am)
The final World Cup round-of-32 fixture held at Kansas City Stadium.

PHOTOS: GETTY

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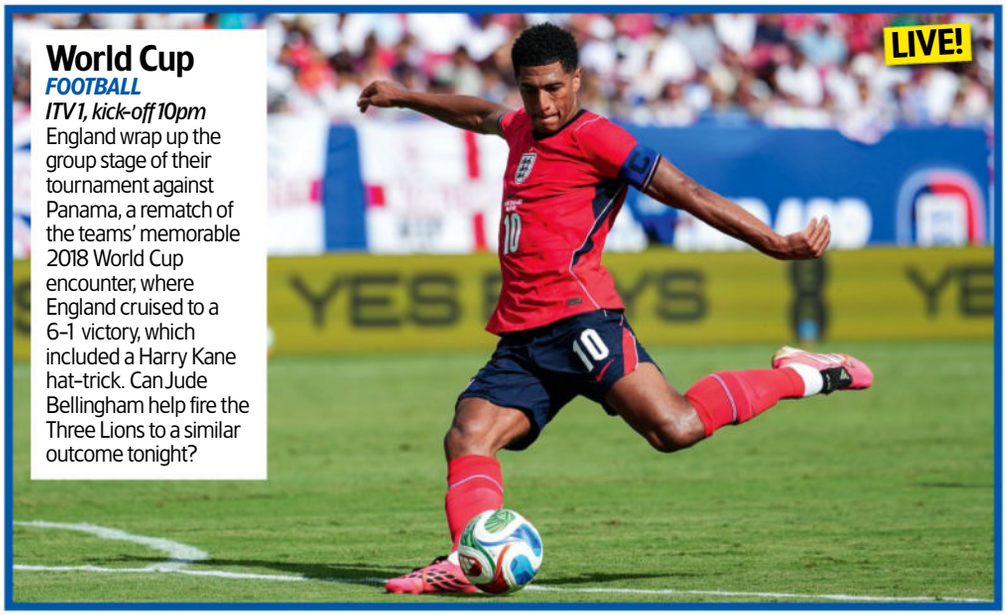
Saturday

27 June

Planner

Alexander Armstrong Across America *TRAVELOGUE 5, 8pm*

With America's Independence Day just around the corner, the presenter embarks on trip around the States, starting in Pennsylvania, where the Declaration of Independence was signed.



World Cup

FOOTBALL

ITV1, kick-off 10pm

England wrap up the group stage of their tournament against Panama, a rematch of the teams' memorable 2018 World Cup encounter, where England cruised to a 6-1 victory, which included a Harry Kane hat-trick. Can Jude Bellingham help fire the Three Lions to a similar outcome tonight?

Women's T20 World Cup

CRICKET Sky Sports & Sky Mix, coverage from 10am

The group stage comes to an end this weekend, with today's action featuring Pakistan v Netherlands, West Indies v Ireland and England v New Zealand. The semi-finals will follow on Tuesday and Thursday.

Life, Larry & the Pursuit of Unhappiness

COMEDY HBO Max

Curb Your Enthusiasm's Larry David and others – including Jerry Seinfeld and Kathryn Hahn – present a unique look at events through American history, from the Boston Tea Party to World War II.

Saturday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.40 Pointless...	7.25 The Weakest Link	8.10 Casualty		9.00 Two Weeks in August			10.30 News
	102 BBC2		7.10 Cricket: Today at the Test	8.10 40 Glastonbury Gems					
	103 ITV1		7.10 News	7.40 The 1% Club		8.45 Football: World Cup – Live: Panama v England (Kick-off 10.00)			
	104 CHANNEL 4	‹ 6.30 F1: Austrian Grand Prix Qualifying...		8.00 Film: Ticket to Paradise				9.55 Film: Hustlers	
	105 5	‹ 6.10 Buckingham Palace with Alexander...		8.00 Alexander Armstrong Across America		9.00 Fergie: Where Did All the Money Go?		10.00 Funniest Royal Cock-Ups	
	106 SKY ONE	7.00 Film: Grease				9.00 Film: Beverly Hills Cop 3			
ENTERTAINMENT	115 BBC3	7.00 Doctor Who			8.35 Miranda		9.35 Schitt's Creek		10.40 Mrs...
	116 BBC4		7.05 Life on Earth	8.00 Voyages of Discovery		9.00 Goolagong		9.55 Scrublands	
	118 ITV2	‹ 6.55 Film: Coyote Ugly				9.00 The 1% Club		10.00 Love Island: Unseen Bits	
	136 MORE4	‹ 6.55 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	‹ 6.00 Film: Central Intelligence		8.00 Supercruising: Life at Sea		9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Blue Bloods		10.00 Doc	
	108 SKY ATLANTIC	‹ 6.40 The White Lotus				9.00 DTF St Louis		10.05 In Our Blood	
	110 U&GOLD	7.00 Only Fools and Horses			8.50 Red Dwarf				
	111 U&DAVE	7.00 Would I Lie to You?				9.00 QI			
	119 ITV3	‹ 5.00 World Series of Darts – Live				9.00 Agatha Christie's Poirot		10.05 Vera	
	120 ITV4	‹ 6.30 Hornblower			8.45 Football: World Cup – Live: Croatia v Ghana (Kick-off 10.00)				
	112 COMEDY CENTRAL		7.05 Friends			9.00 Lee Evans: Roadrunner		10.05 8 Out of 10 Cats Uncut	
	145 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 The Baby			
	143 U&DRAMA	‹ 6.40 The Brokenwood Mysteries			8.40 The Count of Monte Cristo			10.00 The Boy That Never Was	
	109 U&ALIBI	7.00 Hudson & Rex		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Cats: The Musical				9.00 Les Misérables – The Staged Concert			
	132 U&W	7.00 Ambulance Australia				9.00 Ghosts			
DOCUMENTARY	125 DISCOVERY	7.00 The Woodland Workshop		8.00 Maine Cabin Masters		9.00 Naked and Afraid: Global Showdown			
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Lair of the Sawfish		9.00 Edge of Alaska		10.00 Tanked	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 World War II: The Apocalypse				10.00 Inside the SS	
	123 SKY HISTORY	7.00 Digging for Britain				9.00 Hells Angels: Kingdom Come			
	155 U&YESTERDAY	7.00 Indian Ocean with Simon Reeve		8.00 Bangers & Cash				10.00 Train Truckers	
	114 SKY DOCS	7.00 Film: Gascoigne				9.00 Boyzone: No Matter What			

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 101 1 101 101 1

6.10 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With Jesse Tyler Ferguson. (S)
11.30 **Anna Haugh's Big Irish Food Tour** With Diarmuid Gavin. (S)(R)
12.00 NOON **Homes Under the Hammer** A property in Coventry. (S)(R)(AD)
1.00 PM **BBC News** (S)
1.15 **Bargain Hunt** (S)(R)(AD)
2.00 **Money for Nothing** (S)(R)
2.45 **Escape to the Country** (S)(R)(AD)
3.25 FILM **The Witches** Fantasy based on Roald Dahl's tale, starring Anne Hathaway and Octavia Spencer. (S)(AD) (2020, PG, 95min) ★★★
5.00 **BBC News** (S)
5.10 **Local News** (S)
5.20 **Celebrity Bridge of Lies** Series finale 10/10. Rosie Jones, Ed Byrne, Nabil Abdulrashid and Harriet Kemsley take part. (S)

9.45 Two Weeks in August

6 PM
6.05 **Blankety Blank** With panellists Carol Vorderman, Clara Amfo, Johnny Vegas, Judi Love, Prue Leith and Asim Chaudhry. (S)(R)
6.40 **Pointless Celebrities** Gemma Bissix, Rita Simons, Verona Rose, Bobby Seagull, Cally Beaton, Thanyia Moore, William Hanson and Jordan North take part. (S)(R)

7 PM
7.25 **The Weakest Link** Contestants include Keith Duffy, Rachel Riley, Rory Bremner, Amy Gledhill, Bonnie Langford and Chris Harris. (S)(R)

8 PM
8.10 **Casualty** *Lethal Legacy – Part Nine:* Dylan strives to make amends with a furious Stevie and Matty, while Teddy struggles with a series of difficult cases. (S)(AD)

9 PM
9.00 **Two Weeks in August** New episode 7/8. Zoe's disappearance prompts a frantic search. (S)(AD)
9.45 Series finale 8/8. A wildfire breaks out. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.30 **BBC News** (S)
10.50 **How Are You? It's Alan (Partridge)** 2/6. The broadcaster continues his quest to fix the nation's mind. (S1) (S)(R)(AD)
11.20 **The Hit List** Quiz show. (S)(R)
12.05 AM LIVE **Football: World Cup** Colombia v Portugal: Coverage of both teams' concluding Group K match, held at Miami Stadium in the USA. Kick-off is at 12.30. (S)
2.50 LIVE **Football: World Cup** Jordan v Argentina: Coverage of both teams' concluding Group J match, held at Dallas Stadium in the USA. Kick-off is at 3.00. (S)
5.15 **Weather for the Week Ahead** (S)
5.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.35 AM **Children's Programmes**
9.10 **Gardeners' World** (S)(R)
10.10 FILM **Mr Malcolm's List** Period drama starring Freida Pinto. (S) (2022, PG, 110min) ★★★
12.00 NOON **Andi Oliver's Fabulous Feasts** Andi supersizes an annual cricket match in Burnley. (S)(R)(AD)
1.00 PM **Nigel Slater's Simple Suppers** The food writer prepares meatballs with grated beetroot. (S)(R)
1.15 FILM **The Railway Children** Drama starring Dinah Sheridan, Jenny Agutter and Bernard Cribbins. (S)(AD) (1970, U, 105min) ★★★★★
3.00 **Flog It!** From Port Talbot. (S)(R)
4.00 FILM **Close Encounters of the Third Kind** Steven Spielberg's sci-fi classic starring Richard Dreyfuss and Teri Garr. (S)(AD) (1977, PG, 130min) ★★★★★

8.10 40 Glastonbury Gems

6.10 **Celebrity Antiques Road Trip** TV judges Esme Young and Keith Brymer Jones are joined by experts Roo Irvine and Charles Hanson to comb through some of Glasgow's finest antique shops. (S)(R)

7.10 **Cricket: Today at the Test** England v New Zealand: Highlights of day three of the third and final Test in the series, held at Trent Bridge. (S)

8.10 NEW **40 Glastonbury Gems** With the festival taking a well-deserved fallow year break in 2026, this deep dive into the archives revisits 40 performances from Worthy Farm. Featuring songs by Adele, Blondie, Blur, Dolly Parton, Elton John, Johnny Cash, Kylie Minogue, Lizzo, Oasis, Olivia Rodrigo and Robert Smith, Paul McCartney, Pet Shop Boys, Pulp, REM, Radiohead, Robbie Williams and The Rolling Stones. (S)

10.50 **Rod Stewart at Glastonbury** The singer's 2025 Pyramid Stage performance in the Sunday Legends slot, featuring *The First Cut Is the Deepest, You Wear It Well, Maggie May, I'd Rather Go Blind, Do Ya Think I'm Sexy?, I Don't Want to Talk About It* and *Stay with Me*. (S)(R)
12.20 AM LIVE **Football: World Cup** DR Congo v Uzbekistan: Coverage of both teams' concluding Group K match, held at Atlanta Stadium in the USA. Kick-off is at 12.30. (S)
2.45 LIVE **Football: World Cup** Algeria v Austria: Coverage of both teams' concluding Group J match at Kansas City Stadium in the USA. Kick-off is at 3.00. (S)
5.10 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **James Martin's French Adventure** Annecy. (S)(R)(AD)
6.25 **James Martin's Spanish Adventure** Bilbao. (S)(R)(AD)
7.20 **Love Your Garden** (S)(R)(AD)
8.25 **Ainsley's Fantastic Flavours** New edition Brunch dishes. (S)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** With Nigel Havers. (S)(R)
12.05 PM **Dermot's Taste of Ireland** New edition From Sligo. (S)
12.35 **James Martin's Islands to Highlands** Cornwall. (S)(R)(AD)
1.10 **ITV News** (S)
1.25 LIVE **Racing** Coverage from Newcastle and York. (S)
4.00 **The Chase Celebrity Special** (S)(R)
5.00 FILM **Downton Abbey** Drama starring Hugh Bonneville. (S)(AD) (2019, PG, 130min) ★★★★

8.45 Football: World Cup

FILM **Downton Abbey** (film started at 5.00pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7.10 **ITV News** (S)
7.30 **Local News** (S)
7.40 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense, with 100 contestants in every show having a chance of winning up to £100,000. (S)(R)(AD)
8.45 LIVE **Football: World Cup** HOME NATION! **Panama v England:** Mark Pougatch presents coverage of the Group L match from New York/New Jersey Stadium in the USA, as the two sides play their final group game. With analysis from Roy Keane, Ian Wright and Gary Neville, pitchside inserts from Laura Woods, Emma Hayes and Karen Carney, commentary by Sam Matterface and Lee Dixon, and reports from Gabriel Clarke. Kick-off is at 10.00. *See feature, page 28.* (S)
■ Croatia v Ghana is live on ITV4

12.35 AM **Who Wants to Be a Millionaire? Celebrity Special** Jeremy Clarkson hosts as Steph McGovern and Dion Dublin try to win big money for charity. (S)(R)
1.30 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling. (S)
3.15 **Unwind with ITV** (S)
5.10 **to 6.00** AM **James Martin's French Adventure** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

5.50 AM **The King of Queens** (S)(R)(AD)
7.55 **Everybody Loves Raymond** (S)(R)
9.50 **Frasier** 18–21/24. (S9) (S)(R)(AD
11.50 **The Simpsons** (S)(R)(AD)
1.20 PM **Four in a Bed** The week begins at Newquay Beach Hotel. (S)(R)
1.50 The second visit is to Devon Heaven Hideaways. (S)(R)
2.20 The third stay is at Tin Can Retreat in Ceredigion. (S)(R)
2.50 The week's final visit is to the Thorverton Arms in Devon. S)(R)
3.25 Payment Day arrives. (S)(R)
3.55 **Location, Location, Location** Two young families ask for Kirstie and Phil's assistance in finding a new home in Devon. (S)(R)
4.55 **Kirstie and Phil's Love It or List It** A mother and daughter need help with their small, dark Victorian cottage in Surrey. (S)(R)(AD)

8.00 Ticket to Paradise

6.00 **News** (S)
6.30 **F1: Austrian Grand Prix Qualifying Highlights** Action from the battle for grid positions at the eighth round of the season, held at Red Bull Ring in Spielberg. Lando Norris of McLaren qualified fastest here last year, with Ferrari's Charles Leclerc joining him at the front of the grid. (S)

8.00 FILM **Ticket to Paradise** Romantic comedy starring George Clooney and Julia Roberts. A divorced couple travel to Bali to stop their daughter's impending wedding. With Kaitlyn Dever, Maxime Bouttier and Sean Lynch. (S)(AD) (2022, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
9.55 FILM **Hustlers** Comedy crime drama inspired by a true story, starring Jennifer Lopez and Constance Wu. Strip club employees band together to turn the tables on their Wall Street clients. With Julia Stiles, Lizzo and Cardi B. (S)(AD) (2019, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.00 M'T FILM **Diego Maradona** Documentary profiling the Argentinean footballer. (S)(AD) (2019, 12, 135min) ★★★★
2.15 AM NEW **Iris Prize Best British Shorts** Sara Harrak's short film *Solers United*. (S)(AD)
2.30 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
3.20 **The Simpsons** (S)(R)(AD)
5.00 **to 5.55** AM **The Dog House** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.05 **Walking Victorian Britain** (S)(R)
9.30 **Secrets of the Royal Palaces** Double bill of editions. (S)(R)
11.15 **Inside the Hilton: Park Lane** Double bill of editions. (S)(R)
1.10 PM **Summer in the Scilly Isles** Double bill of editions. (S)(R)
3.10 **Yorkshire Great and Small with Dan and Helen** Exploring the North York Moors. (S)(R) **4.10** The duo venture from Pateley Bridge to Ripon. (S)(R)
5.05 NEW SERIES **The Royals: Uncensored** Katie Nicholl and Jo Elvin present debate, analysis and insights on the Royal Family, with contributions from the King's former butler Grant Harrold and other experts. (S)

8.00 Alexander Armstrong Across...

6.05 **News** (S)
6.10 **Buckingham Palace with Alexander Armstrong** Alexander examines the surprising history hidden behind the walls of the iconic royal residence, beginning in the late 18th century, when the building came into royal hands, up to the modern era when Elizabeth II made it her home. (S)(R)
8.00 NEW SERIES **Alexander Armstrong Across America** 1/4. The presenter embarks on a journey around the United States, beginning in Philadelphia, Pennsylvania. *See feature, page 20.* (S)
9.00 **Fergie: Where Did All the Money Go?** A look at the finances of Sarah, former Duchess of York, who has found herself in financial turmoil time and time again. (S)(R)
10.00 **Funniest Royal Cock-Ups** Gyles Brandreth narrates a selection of mishaps involving members of the Royal Family, including Prince Harry falling off his horse during a polo match. (S)(R)
12.00 M'T **Swingers: Couples Wanted!** (S)(R)(AD)
1.00 AM **Teleshopping** (S)(R)
2.30 **Doctor Who: 60 Years of Secrets & Scandals** Behind-the-scenes stories. (S)(R)
3.40 **Friends** (S10&1) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Hawaii Five-0** (S4) (S)(R)
9.00 **Deep Dive North America** Documentary series. (S)(R)
10.00 **Deep Dive Australia** (S)(R)
11.00 **The Simpsons** (S)(R)
1.00 PM **La Brea** 7/10. A structural collapse puts Marybeth and Lucas in danger (S)(R)(AD) **2.00** 8/10. Eve, Levi and Ty return to the mysterious fort despite their near-death experience. (S1) (S)(R)(AD)
3.00 FILM **Despicable Me** Animated comedy featuring the voices of Steve Carell and Jason Segel. (S) (2010, U, 120min) ★★★★
5.00 **F1: Austrian Grand Prix Qualifying Session Highlights** The battle for grid positions in the eighth round of the season from Red Bull Ring in Spielberg.

7.00 Grease

F1: Austrian Grand Prix Qualifying Session Highlights (started at 5.00pm)
7.00 FILM **Grease** Musical starring John Travolta and Olivia Newton-John. A shy Australian teenager at a 1950s California high school falls in love with the tough-talking leader of the T-Birds gang. (S) (1978, PG, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
9.00 FILM **Beverly Hills Cop 3** Action comedy sequel starring Eddie Murphy and Judge Reinhold. Street-smart Detroit cop Axel Foley traces a cop killer to his old Beverly Hills stamping ground, where he discovers that LA's Wonder World theme park is being used as a front for criminal activities. (S) (1994, 15, 120min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.00 **The 80s: Cinema's Greatest Decade** A look at the standout movies of the 1980s. (S)(R)
12.00 M'T **The Force: North East** Officers race to save a man threatening to kill himself. (S)(R) **1.00** AM A fight in a pub gets out of hand. (S)(R) **2.00** A burglar is arrested twice within days. (S)(R)
3.00 **Road Wars** Double bill. (S)(R)
5.00 **to 6.00** AM **Highway Patrol**

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
2.00pm Escape to the Country (S)(R)(AD) **2.40** The Super Squirrels (S)(R) **2.55** FILM The Witches (S) (AD) (2020, PG, 95min) ★★★ **4.30-5.00pm** Weatherman Walking: The Welsh Coast (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
6.10pm The Game – The Story of Hurling (S)(R) **7.05-7.10pm** Chronicles of the Sperrins (S)(R)

WALES
Sky 968, Freesat 968
3.00pm FILM Close Encounters of the Third Kind (S)(AD) (1977, PG, 130min) ★★★★★ **5.10** Villages by the Sea (S)(R) **5.40-6.10pm** Springwatch in Wales (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Parc Glan Gwil **10.15** Garddio a Mwy **10.50** Dan Do **11.20** Gwyliau Gartref (AD) **11.50** Ffermio **12.25pm** Ffasiwn Drefn (AD) **12.55** 3Cân **1.30** LIVE Clwb Rygbi Rhyngwladol **4.30** LIVE Clwb Rygbi Rhyngwladol **7.15** Newyddion a'r Tywydd **7.30** Ciao! Colleen Ag Owain (AD) **8.00** Noson Lawen **9.05** Clwb Rygbi Rhyngwladol **10.50-11.40pm** 24 Awr Newidiodd Gymru

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Doctor Who** *The Magician's Apprentice:* 1/14. Davros seeks a final reckoning with the Doctor. **7.45** *The Witch's Familiar:* 2/14. The Doctor is trapped in the city of the Daleks. (S9)
8.35 **Miranda** 5/6. The shopkeeper realises that she is still attracted to Gary. **9.05** 6/6. Miranda packs her bags to go travelling. (S3)
9.35 **Schitt's Creek** 5/13. Roland offers Johnny and Moira the use of his cabin for the night. **9.55** 6/13. Alexis gets a little too close to Mutt. **10.20** 7/13. Jocelyn and Moira have a spa day. (S1)
10.40 **Mrs Brown's Boys** 3/6. Dermot announces his choice of best man. **11.10** 4/6. Agnes ends up at the wrong venue after attempting to gatecrash Maria's hen party. (S1)
11.40 **Only Child** 1-3/6. (S1)
1.10 AM **Two Pints of Lager and a Packet of Crisps**
2.10 **World Cup 2010**
2.20 **to 3.55** AM **Doctor Who**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Natural World: Jungle Animal Hospital**
7.05 **Life on Earth** David Attenborough visits the Great Barrier Reef.
8.00 **Voyages of Discovery** Paul Rose explores the truth behind the first circumnavigation of the world by Ferdinand Magellan.
9.00 **Goolagong** Series finale 3/3. Evonne rebuilds her life and overcomes injury to win the Wimbledon singles title as a mother in a historic victory. (S1) ■ Entire series on BBC iPlayer
9.55 **Scrublands** 3/4. Martin learns that Allen was not as innocent as portrayed. **10.40** 4/4. Martin believes he has found the link between the victims and asks for Robbie's help in accessing the case files. (S1)
11.35 **Keeping Up Appearances**
12.05 AM **One Foot in the Grave**
12.35 **Life on Earth**
1.30 **Voyages of Discovery**
2.30 **to 3.30** AM **Cumbria's Red Squirrels**

MORE4

136/137 127 147 18 124 15

8.55 AM **Four in a Bed**
11.35 **A Place in the Sun**
3.40 PM **Come Dine with Me** Construction director David hosts the week's first dinner party from Liverpool. **4.15** Comedian Sarah serves up an evening of hearty food. **4.50** Singing hairdresser Steph hosts the third night. **5.20** Coffee shop worker Lisa serves a Mexican menu. **5.50** Carpet and flooring specialist Chris is the week's final host in Liverpool.
6.20 **Four in a Bed** The competition kicks off at the Laurel Bank Hotel in Fife. **6.55** The second visit of the week is to Hidden Horizon Glampsite in Clydebank. **7.25** From Lemonfield Hotel in Seaburn, Sunderland. **7.55** The final visit is to The Grays Hotel in Blackpool. **8.30** Payment Day arrives.
9.00 **24 Hours in A&E** Nurse Emma is called to resus to help a patient who has suffered a suspected stroke.
10.00 **24 Hours in A&E** Emergency care nurse Tim reflects on his role and describes the impact his GP father had on his life.
11.05 **999: On the Front Line**
12.05 AM **Emergency Helicopter Medics**
1.10 **24 Hours in A&E**
3.20 **to 3.50** AM **The Perfect Pitch**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Lego Masters Australia**
7.25 **The Great Australian Bake Off** Back to Basics Week.
8.30 **The Goldbergs**
11.00 **Ramsay's 24 Hours to Hell and Back** Four editions.
3.00 PM **The Simpsons** Six episodes, including at: **5.00** *Black-Eyed, Please:* Flanders is plagued with guilt after punching Homer. **5.30** *Dark Knight Court:* Mr Burns attempts to fulfil his lifelong ambition of becoming a superhero.
6.00 FILM **Central Intelligence** Action comedy starring Dwayne Johnson and Kevin Hart. A rogue CIA agent turns to an old classmate for help when he is targeted by his own organisation. (2016, 12, 107min) ★★★
8.00 **Supercruising: Life at Sea** The navigation team sailing the Americas have a tricky manoeuvre to manage.
9.00 **Celebrity Gogglebox** Famous faces appraise *Countdown, Titanic, First Dates* and *Serengeti*.
10.00 **Gogglebox** Opinions on *Britain's Got Talent, 56 Days, The Heat, Olivia Attwood: Getting Filthy Rich* and *Ed Stafford's Rite of Passage*.
11.05 **Gogglebox**
12.05 AM **First Dates**
2.10 **Gogglebox**
4.00 **Abbott Elementary**
4.25 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

Saturday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
8.00 **A1: Britain's Longest Road**
9.00 **UK Border Force**
10.00 **Caught on Dashcam**
12.00 NOON **Caught Red Handed** A thief attempts to steal an unattended bicycle. **12.40** PM A burglar uses his backside to break into a salon. **1.20** A clumsy crook manages to badly cut his hand.
2.00 **Nothing to Declare** Ten editions, including at: **6.30** Officers launch an investigation into illegal fishing.

9.00 Blue Bloods

7 PM
7.00 **Nothing to Declare** A hoard of lethal weapons is discovered. **7.30** A suspected drug carrier is questioned.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras

9 PM
9.00 **Blue Bloods** *First Blush:* 2/21. Frank announces that he will not be endorsing Erin's run for district attorney. (S13)

10 PM
10.00 **Doc** *Stuck:* 21/22. A fast-acting and deadly virus causes an emergency lockdown on Westside Hospital's sixth floor. (S2)
11.00 **The Equalizer** 13/18. (S2)
12.00 M'T **FBI** 6/22. (S7)
1.00 AM **Caught on Dashcam**
2.00 **Watson** Series finale (S2)
3.00 **Brit Cops: Frontline Crime UK** Documentary series.
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Billions** 7/12. (S3)
9.00 **Gomorrah** 1-6/12. (S1)
3.15 PM **The White Lotus** 1/7. Tanya turns up with her new assistant, and a family deal with a conspicuous absence. **4.25** 2/7. Harper questions Cameron and Daphne's claims. **5.30** 3/7. Harper decides to be a more pleasant version of herself for the day. **6.40** 4/7. Harper is blindsided by shocking evidence from Ethan's night out. (S2)

9.00 DTF St Louis

7.50 **The White Lotus** *That's Amore:* 5/7. Tanya and Portia embark on a whirlwind excursion with Quentin and Jack, while Harper gets real with Cam and Daphne. (S2)

9.00 **DTF St Louis** *Snag It:* 2/7. Detectives Homer and Plumb dig deeper into Clark and Carol's relationship. (S1)

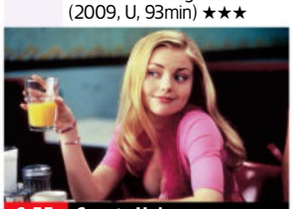
10.05 **In Our Blood** *Grid:* 1/4. Australian drama about the rise of Aids in the 1980s, starring Tim Draxl and Matt Day. (S1)
11.05 **In Our Blood** 2/4. David convinces Jeremy that the government should support the community in their response to the Aids crisis. (S1)
12.05 AM **Deadwood** 1-4/12. (S3)
4.10 **Urban Secrets** (S1)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Deal or No Deal**
7.00 **Dress to Impress**
8.05 **Celebrity Dinner Date**
10.10 **Deal or No Deal: Celebrity Special** With Oti Mabuse.
11.15 **Deal or No Deal**
1.20 PM **Wheel of Fortune**
2.20 **Celebrity Catchphrase**
3.20 FILM **Madagascar** Animation with the voice of Ben Stiller. (2005, U, 86min) ★★★★
5.05 FILM **Ice Age 3: Dawn of the Dinosaurs** Animation with the voice of John Leguizamo. (2009, U, 93min) ★★★


6.55 Coyote Ugly

6.55 FILM **Coyote Ugly** Music drama starring Piper Perabo, Adam Garcia and Maria Bello. An aspiring singer-songwriter gets a job in a rowdy New York bar while pursuing her dreams of stardom. With John Goodman. (2000, 12, 100min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

10.00 **Love Island: Unseen Bits** New edition Iain Stirling shares exclusive content from an action-packed first week in the villa.
11.05 **Family Guy** 18/22. Meg goes out with a naturist. **11.35** 12/22. Comedy. (S3)
12.05 AM **American Dad!** (S3&2)
1.05 **G'wed** 3/7. (S3)
1.35 **Plebs** 2/6. (S1)
2.00 **Piglets** 5/6. (S1)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **Wycliffe**
8.55 **Endeavour** *Striker:* A murder at an Oxford college has far-reaching political ramifications.
10.55 **Midsomer Murders** *Market for Murder.* A prominent villager is battered to death. **12.55** PM *Destroying Angel:* A dog finds the severed hand of a missing hotelier. **3.00** *Who Killed Cock Robin?* Barnaby encounters a long-standing adversary. Guest stars Larry Lamb.

9.00 Agatha Christie's Poirot

5.00 **World Series of Darts** A chance to see day two of the US Masters, the fourth event of the series, staged at rhe Infosys Theater at Madison Square Garden in New York, featuring the quarter-finals, semi-finals and final.

9.00 **Agatha Christie's Poirot** *The Mysterious Affair at Styles:* Hastings asks Poirot to help him solve a baffling murder case.

10.05 **Vera** *Sandancers:* The detective investigates a death in an army barracks that was designed to look like suicide, and uncovers an event nobody wants to talk about. Guest stars John Duttine.
11.55 **Inspector Morse** *The Ghost in the Machine:* An aristocrat goes missing.
2.05 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Best of the 70s**
6.20 **The Protectors**
7.20 **The Big Match Revisited**
8.20 **The Saint**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.30 **River Monsters**
12.00 NOON **American Pickers**
12.55 PM **The Adventures of Sherlock Holmes**
3.10 **Return of Sherlock Holmes**
4.20 **Hornblower** *The Examination for Lieutenant:* Horatio prepares for his lieutenant exam. Stars Ioan Gruffudd.

11.30 River Monsters

6.30 **Hornblower** *The Duchess and the Devil:* The seafaring hero leads a daring attack on French vessel *Le Reve*.

8.45 LIVE **Football: World Cup** Croatia v Ghana: Coverage of both team's concluding Group L match at Philadelphia Stadium. Ghana are aiming to make it out of the group stage for the first time since 2010 when they made it as far as the quarter-finals. Their opponents tonight have performed well at the last two tournaments having reached the semi-finals in 2022, when they lost 3-0 to eventual champions Argentina. Kick-off is at 10.00.
12.05 AM **The Protectors** *Wam – Part Two:* Holidaymakers are held hostage in Austria.
12.35 **The Protectors** Triple bill.
2.00 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Agency: Unfiltered** 3/6. The competitors are taken on an influencer trip to Tenerife. **7.45** 4/6. Debs is upset to discover she is in the bottom two once again.
8.15 **The Repair Shop on the Road** Help for an iconic Glasgow landmark that has lost its lustre.
9.00 **The Chief** 3/4. A potential newspaper scoop threatens Miekelson's career. (S1)
9.30 **The Scotts** 1/6. Collette and Darren invite the family over for a gender reveal party. (S2)
10.00 **Loch Ness: They Created a Monster** The story behind the legend.
11.30 PM **to 12.00** M'T **Growing Up Scottish** Comedians look back at friendship and homes.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
10.30 **Sort Of** 1&2/8. (S1)
11.30 **The Rehearsal** (S1)
1.30 PM **Community** (S3)
4.00 **Will & Grace** (S11)
6.30 **The Office (US)** 6/6. A beautiful woman causes a stir. (S1) **7.00** 1/22. The staff members endure an awards banquet. **7.30** 2/22. The team receive a lesson in sexual harassment. **8.00** 3/22. Jim and Pam arrange an 'Office Olympics.' **8.30** 4/22. A kitchen fire forces the staff out of the office. (S2)
9.00 **Alan Carr: Regional Trinket** Stand-up show.
10.00 FILM **The Edge of Seventeen** Teen comedy drama. (2016, 15, 104min) ★★★★
12.00 AM **Rose Matafeo: On and On and On**
1.15 AM **Upright** (S1)
3.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Titanic: The Musical**
8.20 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **Discovering**
2.00 **Steve Martin and the Steep Canyon Rangers with Edie Brickell**
4.10 **Cliff Richard and the Shadows: The Final Reunion** A 2009 concert from London's O2 Arena.
7.00 **Cats: The Musical** A production of the show with Elaine Paige.
9.00 **Les Misérables: The Staged Concert** A stage recording of the musical based on Victor Hugo's novel.
11.55 **Pauline Black: A 2-Tone Story**
1.45 AM **Record On: The Specials – A Message to You**
3.15 **I Was a Teenage Sex Pistol** Documentary.
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
8.00 **Border Security: America's Front Line**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM **Caught Red Handed**
4.00 **Ningaloo: Australia's Ocean Wonder** Observing the natural and human forces that have shaped this area.
5.00 **Deep Dive North America** Lizzie Daly explores North America's natural wonders.
6.00 **Border Security: Canada's Front Line**
6.30 LIVE **Cricket: Women's T20 World Cup** England v New Zealand: The Group B match from the Oval, as the hosts take on the reigning champions.
10.00 **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **The Chase Celebrity Special** With guests Adam Jones, Monica Dolan, Dom Wood and Dick McCourt.
4.00 **Riddiculous** Quiz show.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the word-based quiz show hosted by Adil Ray.
8.00 **Celebrity Catchphrase** With guests Stephen Mangan, Kemi Rodgers and Tom Allen.
9.00 **The Celebrity Chase** Celebrity version of the quiz show hosted by Bradley Walsh.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.45 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

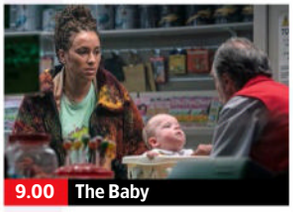
9.00 AM **A Place in the Sun**
11.30 **Come Dine with Me**
2.00 PM **Couples Come Dine with Me** From Devon.
3.00 **George Clarke's Beautiful Builds**
4.00 **A Place in the Sun**
8.00 **Location, Location, Location** From Wiltshire.
9.00 **Grand Designs** A 63-year-old building an ambitious house on the Essex coast.
10.00 FILM **The Mechanic** Action thriller with Jason Statham, Ben Foster and Donald Sutherland. (2011, 15, 93min) ★★
11.50 FILM **Bad Teacher** Comedy starring Cameron Diaz. (2011, 15, 92min) ★★★
1.35 AM **Dolly: The World's Most Famous Sheep**
2.35 **Free Nelson Mandela**
3.35 **Invasion of the Parakeets** Documentary.
4.30 **to 5.10** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** Five episodes, including at: **3.00** PM 12/26. The crew members take refuge during a radioactive storm. (S2)
4.00 **Star Trek: Voyager** 11/26. The Doctor's memory is sabotaged. **5.00** 12/26. An alien species believe Paris's holographic imagery poses a threat. **6.00** 13/26. A shuttle carrying Tuvok, Paris and the Doctor crash-lands. (S5)


9.00 The Baby

7.00 **Star Trek: Voyager** *Bliss:* 14/26. Celebrations are the order of the day as the weary crew finally find a way home.
8.00 **Star Trek: Voyager** *Dark Frontier – Part One:* 15/26. The Borg return and present Seven of Nine with an ultimatum. (S5)
9.00 **The Baby** 1/8. Horror comedy series starring Michelle de Swarte. **9.35** 2/8. Natasha frantically searches for the baby's mother. **10.10** 3/8. Natasha finds herself willing to do anything for help. **10.40** 4/8. Natasha must reunite with her mother, whom she hasn't seen in 15 years. (S1)
11.15 **The Baby** 5/8. The baby's complicated origin is revealed. **11.55** 6/8. Bobbi receives the social worker's call. (S1)
12.30 AM **Grimm** 11 & 12/22. (S4)
2.10 **The Walking Dead** (S5)
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S15)
10.00 **Miss Scarlet** 3&4/6. (S5)
12.00 NOON **Death in Paradise**
1.00 PM **Father Brown** Four episodes, including at: **4.00** *The Tanganyika Green:* The sleuthing priest investigates the murder of a Colonial Postal Service officer.
5.00 **Death in Paradise** As 8.00pm.
6.00 **Saint-Pierre** 10/10. Amidst personal revelations, Arch's investigation into Gallagher comes to a head when a body washes up the shore. (S1)

9.00 Death in Paradise

7.00 **Hudson & Rex** *Criminal Rex:* 7/8. Sarah and Rex are kidnapped by a criminal intent on turning Rex into a weapon. (S8)
8.00 **Death in Paradise** *Until Death Do You Part:* 4/8. A bride-to-be is found dead in her bath. Guest stars Amy Nuttall.
9.00 **Death in Paradise** *Swimming in Murder:* 5/8. A rock singer is electrocuted in a swimming pool. (S4)
10.00 **Father Brown** *The Alchemist's Secret:* The priest investigates a 300-year-old secret hidden in a university.
11.00 **Father Brown** *The Sins of Others:* Sid vows vengeance on his former defence barrister. **12.00** M'T *The Theatre of the Invisible:* The priest investigates the murder of a landlady.
1.00 AM **Murdoch Mysteries**
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **The Green Green Grass**
7.45 **The Vicar of Dibley**
1.00 PM **The Vicar of Dibley** Eight episodes, including at: **3.15** Christmas special from 1997. Geraldine plays Cupid in her efforts to bring Alice and Hugo together. **4.10** The villagers decide to set up a radio station. **4.50** Geraldine appears on Terry Wogan's radio show. **5.30** Alice shocks Geraldine with a pre-wedding revelation. **6.10** The village suffers a summer water shortage.

7.00 Only Fools and Horses

7.00 **Only Fools and Horses** Christmas special of the sitcom from 1989. The Trotters go on a lads' day out to Margate, but things do not turn out as expected, and they end up stranded in the seaside town overnight.
8.50 **Red Dwarf** Lister is surprised to find that he is starting to miss Rimmer. **9.30** Kryten's anger at being ignored by his shipmates prompts him to go on the rampage.
10.10 **Red Dwarf** Lister is impregnated with an intelligent virus. **10.50** The crew search for nanobots in a laundry hamper to restore Lister to his pre-viral state.
11.30 **Bottom**
12.10 AM **Bottom Live: Weapons Grade Y-Fronts Tour**
2.10 **Bottom**
2.55 **to 4.00** AM **Inside No 9**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.30 AM **Gordon's Great Escape**
8.25 **Would I Lie to You?**
1.00 PM **Would I Lie to You?** Nine editions, including at: **4.20** Stephen Hendry, Laura Whitmore, Maisie Adam and Chris McCausland take part. **5.00** With Josh Widdicombe, Gemma Cairney, Raj Bisram and Sophie Hermann. **5.35** With guests Bob Mortimer, Samantha Morton, Miles Jupp and Sarah Hadland. **6.20** With the Rev Kate Bottley, Claudia Winkleman, Sara Barron and Ed Gamble.

9.00 QI

7.00 **Would I Lie to You?** Sara Pascoe, Dan Walker, Nicola Coughlan and Mr Motivator take part. **7.40** With guests Sindhu Vee, Alex Horne, Joel Dommett and AJ Odudu. **8.20** With Roisin Conaty, Roman Kemp, Maya Jama and Xand van Tulleken.
9.00 **QI** Children in Need special, featuring guests Phill Jupitus, Jonathan Ross and Rich Hall. **9.40** With guests David Mitchell, Andy Hamilton and John Sessions. **10.20** With guests Phill Jupitus, Graeme Garden and Johnny Vaughan.
11.00 **Not Going Out** Triple bill of the comedy, including at: **12.20** AM Lee goes into hospital for routine surgery.
1.00 **Have I Got a Bit More News for You** With Mel Giedroyc.
2.00 **to 4.00** AM **Dave Gorman: Modern Life Is Goodish**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **Birds of a Feather**
9.45 **Lovejoy**
10.55 **Agatha and the Truth of Murder** Mystery drama.
12.55 PM **Father Brown**
1.55 **New Tricks** *The One That Got Away:* Sandra makes a life-changing decision. **3.15** *Roots:* The team look into the murder of an immigrant.
4.20 **Miss Marple** *At Bertram's Hotel:* The amateur sleuth's holiday at London's plush Bertram's Hotel is interrupted by a cleric's disappearance.

8.40 The Count of Monte Cristo

6.40 **The Brokenwood Mysteries** *They're Out There Alright:* 1/6. A body is discovered in a crop circle. (S12)
8.40 **The Count of Monte Cristo** 3/8. Edmond, in disguise, arrives in Marseille only to learn his father is dead and Mercedes has married and moved to Paris. He meets Jacopo, an Italian smuggler on the run from the police. (S1)
10.00 **The Boy That Never Was** *Benefit to Mankind:* 3/4. Robin and Harry look to a local police officer for help with tracking down Ollie. (S1)
11.00 **The Last Detective** *Benefit to Mankind:* Davies looks into the death of a medical researcher.
12.35 AM **New Tricks**
1.55 **Sister Boniface Mysteries**
2.55 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

Saturday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Cops** Documentary.
9.25 **Blue Bloods** (S10)
1.10 PM **Bull** Six episodes of the drama, including at: **5.05** *Child of Mine:* 13/20. A couple are sued after a mistake by a fertility clinic. **6.05** *Quid Pro Quo:* 14/20. Jason is hired by a doctor accused of bribing his way into college. (S4)
7.05 **Jesse Stone: Night Passage** Drama prequel starring Tom Selleck.
9.00 **NCIS** *Baker's Man:* The owner of Parker's favourite bakery is blackmailed. (S22)
10.00 **Law & Order: Special Victims Unit** *Merchandise:* 4/24. A girl is killed in a hit-and-run incident. (S12)
11.00 **Law & Order: Special Victims Unit** (S12 & 11)
1.50 AM **Bull** 8&9/20. (S4)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S7)
12.00 NOON **Dirty Home Rescue** Documentary.
1.00 PM **Nightmare Tenants, Slum Landlords**
6.00 **Call the Bailiffs: Time to Pay Up** Five editions, including at: **8.00** Agent Scott evicts squatters, while Lewis and Alex chase high-value debts. **9.00** A high court enforcement agent is after payment of a debt for damage done by a man who runs a small electrical contractors. **10.00** Agents Mark and Sam are tracking down a builder's merchant.
11.00 **Piers Morgan: Uncensored** The bold, opinion-led news and debate show.
12.30 AM **He Kills Coppers**
3.15 **to 4.00** AM **Police Interceptors**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Winter Road Rescue**
9.45 **Police Interceptors**
1.45 PM **Motorway Cops: Catching Britain's Speeders** Triple bill.
4.50 **FILM** **Sabata** Spaghetti Western with Lee Van Cleef and Linda Veras. (1969, 12, 107min) ★★
7.05 **FILM** **Valdez is Coming** Western adventure with Burt Lancaster, Susan Clark and Jon Cypher. A Mexican lawman who has been humiliated by a brutal rancher seeks retribution. (1970, 15, 86min) ★★★
9.00 **Britain's Bloody Crown** Historian Dan Jones tells the story of the Wars of the Roses. **10.00** How the Earl of Warwick masterminded Edward IV's accession to the throne in 1461.
11.00 **The X-Files** 3-7/24. (S4)
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
1.00 PM **999 Rescue Squad**
7.00 **Ambulance Australia** Paramedics race to help a woman who has given birth in a car. **8.00** Paramedics Ashley and Armahn treat a woman who has overdosed on drugs.
9.00 **Ghosts** Mike and Alison welcome the very first guests to their new bijoux B&B. **9.40** Mary walks Julian through her journey of self-discovery. **10.20** The spooks' behaviour sends Alison into meltdown, prompting them to do their best to get back into her good books.
11.00 **The Catherine Tate Show** Triple bill of the comedy sketch show.
1.00 **to 3.00** AM **Death at the Mansion: Rebecca Zahau**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Secrets of the Transport Museum**
8.00 **Secrets of the London Underground**
12.00 NOON **Flipping Bangers** Double bill.
2.00 PM **Canal Boat Diaries**
5.00 **Indian Ocean with Simon Reeve** Triple bill.
8.00 **Bangers & Cash** Paul and daughter Kate collect a Series 1 Land Rover, while Jack collects a wartime paratrooper's bike in Scarborough. **9.00** Dave goes weak at the knees for a very rare 1980s hot hatch – a Citroën Visa GT Tonic.
10.00 **Train Truckers** A legendary diesel locomotive, which has undergone over half a million pounds worth of repairs, must be hauled over 40 miles.
11.00 PM **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Portugal.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **Money for Nothing** Items include an assortment of bed linens and a large collection of ornaments. **7.00** Items include discarded drawers, an antique chair and a drop-leaf table. **8.00** Sarah Moore rescues a drop-arm sofa, an old chest and a train set from Witley Recycling Centre.
9.00 **My Lottery Dream Home** Four editions.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

SATURDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **Highway to Heaven**
9.00 **Little House on the Prairie** 20–23/24. (S8)
1.00 PM **Little House on the Prairie** Six episodes. (S9)
7.00 FILM **A Wedding on Walton's Mountain** Drama spin-off from the popular TV series, starring Ralph Waite. (1982, U, 104min) ★★
9.00 **Ruth Rendell Mysteries** *The Double:* Drama starring Camilla Power. A superstitious woman is shocked to meet her exact double, a mysterious lookalike who seems intent on stealing her fiancé.
10.10 **Little House on the Prairie** *Look Back to Yesterday – Part One.*
12.10 AM **M*A*S*H** (S4)
2.10 **Rising Damp** 5/8. (S2)
2.35 **Man About the House**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **Wanted: Dead or Alive** Triple bill.
10.40 FILM **The Virginian** Western. (2014, 12) ★★
12.40 PM FILM **Death of a Gunfighter** Western. (1969, PG, 100min) ★★
2.45 FILM **Night People** Cold War thriller. (1954, PG, 93min) ★★★
4.50 FILM **The Vikings** Adventure. (1958, PG, 116min) ★★★★
7.25 FILM **King Arthur** Action adventure with Clive Owen. (2004, 12, 126min) ★★★
10.00 FILM **Master Gardener** Crime thriller. (2022, 15, 111min) ★★★★
12.25 AM **Dragon Ball Super**
1.25 **Coast Guard Alaska**
2.25 FILM **The Proud Rebel** Western. (1958, b/w, U, 108min) ★★★
4.05 **Air Rescue** Double bill.
4.55 **to 5.50** AM **Coast Guard Alaska**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.00 AM **Air Rescue**
8.30 **Sue Thomas: F.B.Eye**
11.30 FILM **Lost Letter Mysteries: Home Again** Drama. (2017, PG) ★★
1.20 PM FILM **Mystery 101: Words Can Kill** Thriller. (2019, PG, 90min) ★★
3.15 FILM **Mystery 101: Dead Talk** (2019, PG) ★★
5.10 FILM **Mystery 101: An Education in Murder** Thriller. (2020, PG) ★★
7.05 FILM **Mystery 101: Killer Timing** Thriller. (2021, U, 89min) ★★
9.00 FILM **Nelly Knows: All Manner of Murder** Mystery. (2025, PG) ★★
10.55 FILM **Nelly Knows: A Fatal Engagement** Drama. (2024, PG) ★★
12.50 AM FILM **The Wrong Patient** (2018, PG) ★★
2.35 FILM **The Threat Next Door** (2023, PG) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 321

Great! Romance

322 319 424 52 47

8.15 AM FILM **Swept Up By Christmas** Romance. (2020, U, 84min) ★★
10.05 FILM **Christmas Cookies** Drama. (2016, PG) ★★
12.00 NOON FILM **Christmas in the Highlands** Comedy. (2019, PG) ★★
1.55 PM FILM **A Very British Christmas** Drama. (2019, PG, 90min) ★★
3.50 FILM **A Christmas Exchange** Drama. (2020, PG, 87min) ★★
5.45 FILM **The Christmas Ball** Drama. (2020, PG) ★★
7.40 FILM **Christmas at Plumhill Manor** Drama. (2024, PG, 85min) ★★
9.35 FILM **Once Upon a Christmas Miracle** Drama. (2018, PG) ★★
11.40 FILM **Christmas Everlasting** Drama. (2018, PG, 85min) ★★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **A Very British Christmas**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **Love Your Garden**
2.00 **Musketeer** Drama.
2.15 FILM **What's Good for the Goose** Comedy. (1969, 15, 104min) ★
4.15 FILM **Vendetta for the Saint** Crime mystery. (1968, PG, 94min) ★★★
6.15 FILM **The Odd Job** Comedy with David Jason. (1978, 15, 87min) ★★
8.00 **Garden Rescue** Transforming a garden in Liverpool into an alpine-themed area. **9.00** A garden that resembles a prison yard.
10.00 FILM **Sex with the Stars** Adult comedy. (1980, 18, 90min) ★
12.00 M'T FILM **The Deadly Females** Drama. (1976, 15, 105min) ★★
2.00 AM FILM **You Can't Win 'em All** Adventure. (1970, PG, 95min) ★★
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 164 141

6.00 AM **Sherlock Holmes**
7.00 **Agony** 1–3/7. (S3)
8.30 **The Top Secret Life of Edgar Briggs** 13/13. (S1)
9.00 **Doctor at Large**
10.30 **Bubblegum & Cheese**
11.30 **Two's Company**
12.30 PM **Frankie's On**
1.00 **The Fenn Street Gang**
2.00 **Frederick Forsyth Presents** Spy thriller.
4.00 **The Top Secret Life of Edgar Briggs** 13/13. (S1)
4.30 **Agony** 1–3/7. (S3)
6.00 **Frankie's On**
6.30 **Doctor at Large** (S1)
8.00 **Only When I Laugh**
9.00 **Ain't Misbehavin'**
10.05 FILM **Emmanuelle in Soho** Erotic drama. (1981, 18, 68min) ★★
11.25 FILM **A Clock Work Blue** Comedy drama. (1972, 18, 86min) ★★
1.10 AM **Stereo Underground**
2.10 **Frederick Forsyth...**
4.00 **Bubblegum & Cheese**
5.00 **to 6.00** AM **Stereo Underground**

DMAX

159 151 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Outback Crystal Hunters** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** A man whose home has been deemed unsafe. **8.00** A woman whose doll collection is a cause for concern.
9.00 **Mysterious Creatures with Forrest Galante** Forrest and zoologist Jessica explore the myth of a lake monster.
10.00 **Expedition X** 1/2. Phil Torres and Jess Chobot join Josh Gates at a decaying mental institution in Detroit. **11.00** 2/2. The team try to communicate with the ghost of a little girl.
12.00 M'T **Body Bizarre**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Triple bill.
8.00 **The Pioneer Woman**
11.00 **Prue Leith's Cotswold Kitchen** As 8.00pm.
12.00 NOON **Jamie's Great Britain** South Wales.
1.00 PM **James Martin's Islands to Highlands**
3.00 **Rick Stein's Food Heroes** Five editions.
5.30 **Rick Stein's Fruits of the Sea** Five editions.
8.00 **Prue Leith's Cotswold Kitchen** Prue is joined by gardener Sarah Raven.
9.00 **Diners, Drive-Ins and Dives** Guy Fieri is on the road looking for unique beef dishes. **9.30** Featuring eateries with global flavours. **10.00** Comfort food, including spicy oxtail. **10.30** Guy indulges in some guilty pleasures.
11.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Six Million Dollar Man** 17–21/22. (S3)
12.00 NOON FILM **Walker, Texas Ranger: Trial by Fire** Drama spin-off. (2005, 12, 90min) ★★
2.00 PM FILM **Only the Valiant** Western. (1951, b/w, PG, 100min) ★★
4.05 FILM **The Great Sioux Massacre** Western. (1965, U, 91min) ★★
6.05 FILM **The Pledge** Western drama. (2008, PG, 79min) ★★★
8.00 **The Twilight Zone**
9.00 FILM PREMIERE **Fortress: Sniper's Eye** Thriller with Bruce Willis. (2022, 15, 87min) ★★
11.00 FILM **Desperado** Thriller with Antonio Banderas. (1995, 18, 105min) ★★★
1.10 AM FILM **3 Days to Kill** Action thriller. (2014, 12, 117min) ★★★
3.25 **to 5.05** AM FILM **The Hitman's Apprentice** Thriller. (2012, 15) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **Andromeda** (S3)
3.00 PM FILM **2021: War of the Worlds** Sci-fi thriller. (2021, 12, 78min) ★★
5.00 FILM **Shark Season** Disaster thriller starring Michael Madsen. (2020, PG, 87min) ★★
7.00 FILM **The People That Time Forgot** Fantasy adventure sequel starring Patrick Wayne. (1977, U, 96min) ★★
9.00 FILM **Empire State** Crime thriller starring Liam Hemsworth. (2013, 15, 90min) ★★
11.00 FILM **Last Knights** Medieval adventure starring Clive Owen. (2015, 15, 112min) ★★
1.20 AM FILM **Empire State**
3.15 FILM **Malibu Shark Attack** Disaster movie. (2009, 15, 85min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Storage Wars Canada** Six editions.
8.20 **The UnXplained with William Shatner**
10.10 **Strange Evidence**
12.05 PM **The Proof Is Out There** Triple bill.
3.05 **What on Earth?**
6.00 **A Ship Through Time: Secrets of the Newport Ship** Double bill.
8.00 **Hazardous History with Henry Winkler** The risky professions that people endured.
9.00 **Hitler's Engineers** A look at the Nazi past of NASA engineer Wernher von Braun.
10.00 **U-Boat Wargamers** The role the Wrens played in preventing British merchant ships being sunk.
11.05 **MonsterQuest**
1.00 AM **The Proof Is Out There** UFO revelations.
2.00 **to 6.00** AM **UFOs: The Lost Evidence**

5SELECT

153 166 138 46 133 30

9.00 AM **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Six episodes, including at: **4.00** *Deadly Misunderstanding:* Jessica is injured in an accident. Guest stars David McCallum. **5.00** *See You in Court, Baby:* A lawyer is murdered. Guest stars Keith Michell. **6.00** *Hannigan's Wake:* Jessica tries to finish a dead journalist's book.
7.00 **The Big Drought of 1975** A record-breaking spell of weather that stretched for 16 months.
8.30 **Hollywood Icons** A profile of actor Elizabeth Taylor.
10.00 **Jackie O: Style & Scandal** Exploring the life of Jacqueline Kennedy Onassis.
11.30 **George Michael: The Man & the Music**
12.00 **to 4.00** AM **Wentworth: The Final Sentence**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Bridge of Lies**
3.00 **The Chase** Double bill.
5.00 **The Chase Celebrity Special** With guests Nick Hancock, Jenny Eclair, Michelle Collins and Rufus Hound.
6.00 **The Chase Celebrity Special** Quiz show.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** With guests Shane Williams, Sair Khan, Milton Jones and Tanni Grey-Thompson.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.30 **Georgie and Mandy's First Marriage**
11.00 **The Big Bang Theory**
8.00 PM **The Big Bang Theory** 9/24. Sheldon and Howard squabble over ownership of a university parking space. **8.30** 10/24. Sheldon has to take care of Amy when she falls ill. (S6)
9.00 **Dr Pimple Popper** Jess is looking for love but is stuck with a giant bump on his neck. **10.00** Don has a case of crippling psoriasis that has completely taken over his body. **11.00** Kenny's rare condition causes lumps to grow all over his body.
12.00 M'T **Mike & Molly**
1.00 AM **Young Sheldon**
2.30 **My 600lb Life**
4.30 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Friends** (S9)
2.00 PM FILM **Matilda** Roald Dahl's children's fantasy starring Danny DeVito and Mara Wilson. (1996, PG, 98min) ★★★★
4.00 **Friends** (S10)
9.00 **Lee Evans: Roadrunner**
10.05 **8 Out of 10 Cats Uncut**
11.45 **Fern Brady: Power & Chaos** Stand-up show.
12.45 AM **Kerry Godliman: Bandwidth** Stand-up.
1.45 **Whose Line Is It Anyway? USA**
2.15 **Jimmy Carr: Comedy Central Live** Stand-up.
2.45 **David O'Doherty: Comedy Central Live**
3.10 **Jack Whitehall: Comedy Central Live**
3.35 **Rosie Jones Tries to Help** Kerry Godliman.
3.45 **Utopia** 5/8. (S5)
4.15 **to 5.00** AM **Stupid Central**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S6)
6.50 **Rosie Jones Tries to Help** With Sophie Duker.
7.00 **Teleshopping**
9.00 **Michael McIntyre's Big Show** As 8.00pm.
10.00 **Most Ridiculous**
2.00 PM **Friends**
4.00 **Most Ridiculous**
5.00 **Everybody Loves Raymond** (S7)
8.00 **Michael McIntyre's Big Show** With Marvin and Rochelle Humes
9.00 **Friends** 6/18. Guest stars Greg Kinnear. **9.30** 7/18. Ross discovers Rachel's worst fear. (S10)
10.00 **Friends** (S10)
2.00 AM **New Girl** (S3)
3.00 **Mike Judge's Beavis and Butt-Head**
3.45 **Michael McIntyre's Big Show** As 8.00pm.
4.30 **Iain Stirling's Roast the Internet**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **That's 60s: Best Music Live!**
8.05 **Whatever Happened to the Likely Lads?**
9.20 **Goodnight Sweetheart**
1.05 PM **Oh, Doctor Beeching!** (S1)
4.40 **Birds of a Feather**
7.55 **Minder** 6/13. (S8)
9.00 **Benidorm** The Brits in Benidorm reel after what happened at Madge's wedding. (S2)
10.00 **Shameless** 7/11. Fiona is horrified when she wakes up next to Joey. (S2)
10.55 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 7/11. (S2)
12.55 AM **Minder** 2/13. (S2)
2.00 **Duty Free** 4/7. (S2)
2.25 **Man About the House**
2.50 **The Kenny Everett Video Show**
3.15 **That's 60s: Best Music Live!**
4.00 **to 5.00** AM **Nearest and Dearest**

MTV

126/127 137 134 351 366

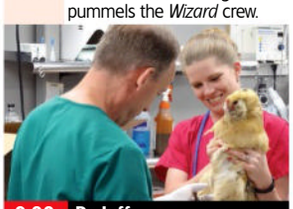
6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Teen Mom UK: Next Generation**
10.00 **Catfish: The TV Show**
1.00 PM **Judge Judy** Real-life small-claims cases.
6.00 **Beauty and the Geek Australia** The beauties and geeks take on professional wrestlers in front of a lively crowd. **7.15** One of the geeks undergoes a huge transformation. **8.50** The beauties and geeks take over a gym.
10.00 **Skin A&E** A look at misbehaving lumps.
11.00 **Help I Sexted My Boss** Double bill. Jordan North and Wlliam Hanson discuss the dilemmas of everyday modern life.
12.30 AM **Dating Naked**
2.25 **Ghosted: Love Gone Missing** Reality series.
3.15 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How Do Animals Do That?**
9.00 **Dr Jeff: Rocky Mountain Vet**
12.00 NOON **Alaskan Bush People** Bear reflects on a big decision. **1.00** PM The Browns kickstart their ambitious cabin build. **2.00** Gabe is attacked by an aggressive ostrich. **3.00** The ranch comes under fire from encroaching hunters. **4.00** A life-threatening cold front reaches the mountain. **5.00** The ranch faces a crisis when the water supply freezes.
6.00 **Deadliest Catch** A rogue wave pummels the *Wizard* crew.



9.00 Dr Jeff

7.00 **The Woodland Workshop** Cabinet maker Ciarán runs into trouble while creating a unique rocking chair.
8.00 **Maine Cabin Masters** Chase and his team help a DIY homeowner jump-start his project and complete a renovation.
9.00 **Naked and Afraid: Global Showdown** Survivalists from around the world compete in a gruelling 40-day primitive bushcraft competition for the biggest cash prize in the history of the series.
11.00 **In the Eye of the Storm: Chasers** A rare northern outbreak draws chasers across the Canadian border.
12.00 M'T **Expedition Files**
1.00 AM **Bigfoot Took Her**
2.00 **How the Universe Works**
3.00 **to 5.00** AM **American Chopper**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** An expectant mother battles with her persistent feline out of her workspace. **4.00** A couple struggle to cope with their feuding felines.
5.00 **Treehouse Masters** Pete creates a treetop clubhouse.
6.00 **Preposterous Pets** The story of an obsessive fan of lizards.

7.30 How Do Animals Do That?

7.00 **How Do Animals Do That?** How a fish makes a weapon out of water. **7.30** The means of communication cats use.
8.00 **Lair of the Sawfish** Experts unravel the mystery behind one of the ocean's strangest creatures – the sawfish.
9.00 **Edge of Alaska** Plans to allow tourists to visit the mine push forward, but the last days of winter threaten the way of life.
10.00 **Tanked** Basketball star John Wall asks Wayde and Brett to build an aquarium shaped like a giant pair of dice.
11.00 **Tanked** A boombox aquarium.
12.00 M'T **Edge of Alaska** Neil defies the locals with his mine tour. **1.00** AM Jeremy seeks a bulldozer lost in the wilderness.
2.00 **The Haunted**
3.00 **Lair of the Sawfish**
4.00 **to 5.00** AM **My Extreme Animal Phobia**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Inside Sydney Airport**
12.00 NOON **Engineering by Catastrophe** Documentary.
1.00 PM **Air Crash Investigation**
3.00 **Construction Fails** A ship breaks a Baltimore bridge. **4.00** Earthquake-proof buildings fall down in Turkey.
5.00 **Seconds from Disaster** An investigation into an Alpine avalanche in 1999.
6.00 **Air Crash Investigation** A Chinese plane that crashed minutes from touching down.

7.00 Air Crash Investigation

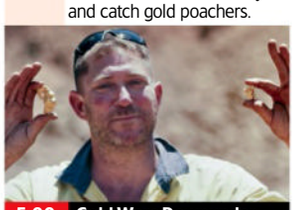
7.00 **Air Crash Investigation** The case of a plane that flew into a massive storm over Indonesia during the country's rainy season.
8.00 **World War II: The Apocalypse** How Jewish and Polish prisoners were forced into slave labour in Nazi-occupied France.
9.00 **World War II: The Apocalypse** Footage of battles in Asia and Egypt, and the implementation of the Final Solution.
10.00 **Inside the SS** Hitler's private army, formed in 1925 from volunteers who were subjected to intense propaganda.
11.00 **Amsterdam Central 24/7** The city marks its 750th anniversary, but heavy autumn showers disrupt services as workers race against the clock to replace worn rails.
12.00 M'T **Ultimate Airport Dubai**
2.00 **to 5.00** AM **Air Crash Investigation**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **History's Greatest Aircraft**
8.00 **Kevin Costner's The West**
10.00 **The Curse of Oak Island**
11.00 **Storage Wars** Double bill.
1.00 PM **Black Death Patient Zero**
3.00 **Troy Story** 1&2/2. The legend of the Trojan War and efforts to pinpoint the city of Troy.
5.00 **Gold Wars Downunder** Matt and Damo weigh up the two offers they have received for their land. **6.00** Dennis installs security cameras on his lease to try and catch gold poachers.



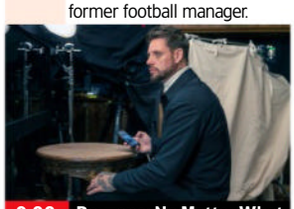
5.00 Gold Wars Downunder

7.00 **Digging for Britain** Finds across the east of Britain include divers searching the Thames for clues to a 17th-century tragedy.
8.00 **Digging for Britain** Archaeological finds across the north of Britain, including clues to Scotland's first kingdoms.
9.00 **Hells Angels: Kingdom Come** When war breaks out between the Hells Angels and an enemy, the Mafia stepped in.
10.00 **Hells Angels: Kingdom Come** A raging war with the Bandidos forces the Hells Angels to work with an old rival.
11.00 **Secrets Declassified with David Duchovny** A French Resistance operative hides explosives in baguettes to cripple a Nazi factory.
12.00 M'T **Chaos Uncut**
2.00 AM **Black Death Patient Zero** 1&2/2. Documentary tracing the roots of the world's deadliest pandemic.
4.00 **to 6.00** AM **Troy Story**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Vanessa Redgrave** Profile of the actor.
7.00 **Discovering: Richard Dreyfuss**
8.00 **The Directors**
9.00 **JFK Revisited: Through the Looking Glass** Documentary.
11.15 **I Am Heath Ledger**
1.00 PM **Brazil 2002**
2.45 **My Icon: Darren Campbell**
3.00 **Terry Venables: A Man Can Dream** Documentary.
5.00 **Bobby Robson: More Than a Manager** Exploring the career of the much-loved former football manager.



9.00 Boyzone: No Matter What

7.00 **FILM Gascoigne** Documentary about Paul Gascoigne, featuring an interview with the former footballing superstar and archive footage of his greatest moments. (2015, 15, 86min) ★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
8.45 **My Icon: Thierry Henry**
9.00 **Boyzone: No Matter What** 1/3. Documentary about the boy band, featuring rare interviews with the members.
10.00 **Boyzone: No Matter What** 2/3. Charting the band's growing success with their first number one single.
11.00 **Boyzone: No Matter What** 3/3. Charting the band's split and eventual reunion.
12.00 M'T **One to One: John & Yoko** The time John Lennon and Yoko Ono spent living in Greenwich Village in New York.
2.00 AM **Dettori** The career of jockey Frankie Dettori.
4.10 **to 6.00** AM **Laurel and Hardy: Their Lives and Magic**

Saturday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Chasing Classic Cars**
7.00 **British Superbikes**
8.00 **Wheeler Dealers**
3.00 PM **MotoGP**
4.00 **Shed and Buried: Classic Cars**
6.00 **Shed and Buried**
9.00 **The Repair Shop** The team attempt to repair an ice cream maker, an organillo and a portable record player. **10.00** The experts restore a teddy bear that has lost its sparkle, a watch and a sports trophy from the 1950s.
11.00 **In the Eye of the Storm** Footage showing close encounters with tornadoes and floods after Hurricane Ida.
12.00 M'T **Mysteries of the Deep** Double bill.
2.00 AM **NASA's Unexplained Files**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Forensic Detectives**
11.00 **Faking It: Tears of a Crime** Ian Huntley.
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **American Detective with Lt Joe Kenda**
7.00 **American Detective with Lt Joe Kenda** Triple bill, including at: **9.00** New edition After a man shoots his victim in a truck, officers uncover a digital trail of evidence that exposes a killer.
10.00 **On the Case with Paula Zahn** New edition Police zero in on a single suspect for the murder of a young mother.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: Gangland Murders**
8.00 **UK Crime Files: Evil Walks the Streets** The crimes of Graham Fisher.
9.00 **UK Crime Files: Brothers Who Kill** The case of brothers David and Roger Cooper.
10.00 **UK Crime Files: The Plumstead Ripper** Examining the murders of Rachel Nickell and Samantha Bissett.
11.00 **UK Crime Files: Kidnap and Murder of an Heiress** Documentary.
12.00 M'T **UK Crime Files: Murder of the Secret Millionaire**
1.00 AM **Donal MacIntyre's Killer Evidence**
2.00 **Bloodline Detectives**
3.00 **When Death Comes Knocking** True-crime.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
3.00 PM **UK Crime Files: No Honour Killing** Simon Toyne investigates the killing of Banaz Mahmod.
4.00 **UK Crime Files: Lady Killer** A look at how the murder of an actor triggered a manhunt.
5.00 **UK Crime Files: Boarded Barn Murders** Simon Toyne investigates crimes that took place at a remote barn house.
6.00 **UK Crime Files: A Deadly Love Triangle** Geoffrey Wansell investigates a case on the isle of Sanday involving a love triangle which turned deadly when Jack Campbell murdered his rival.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Stop, Search, Seize**
7.00 **UK Border Force**
8.00 **Road Wars**
9.00 **Caught on Dashcam**
10.00 **Caught Red Handed**
12.00 NOON **Police 24/7**
1.00 PM **Murders at the Boarding House**
3.30 **Murder Uncut**
4.30 **The Murderer & Me**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers** Double bill.
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Killing Mum and Dad**
12.00 M'T **World's Most Evil Killers** Danny Rolling.
1.00 AM **How I Caught the Killer** Documentary.
2.00 **Britain's Most Evil Killers** Robert Black.
3.00 **The Real Manhunter**
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.55 **My Grandparents' War: Mark Rylance**
9.55 **My Grandparents' War: Kristin Scott Thomas**
10.55 **My Grandparents' War: Carey Mulligan**
12.00 NOON **My Grandparents' War: Helena Bonham Carter**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Egypt's Darkest Hour**
3.35 **Ancient Egypt: Life and Death in the Valley of the Kings**
6.10 **Egypt's Darkest Hour**
8.10 **Ancient Egypt: Life and Death in the Valley of the Kings**
10.45 **The M Factor: Shredding the Silence on Menopause** A look into the silent epidemic.
12.00 M'T **Matter of Mind: My Alzheimer's**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SATURDAY

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Animal Empires**
8.00 **Battle of the Alphas**
10.00 **Aussie Snake Wranglers: Deadly Pursuit** Double bill.
11.00 **Qatar: Pearls in the Sand**
12.00 NOON **Africa's Wild Roommates: How Animals Share Bed and Board**
1.00 PM **Wild Science**
2.00 **Monkey Island** Triple bill.
5.00 **David Attenborough's Galapagos** 1-3/3. Triple bill.
8.00 **Jaguar Journals** Lizzie and veterinarian Joares scramble to collar more jaguars amid storms, floods and power outages.
9.00 **Shark Squad** How sharks are more complex and intelligent than generally believed.
10.00 **Carpathian Predators** 1&2/2. A look at the creatures of the Carpathian Mountains.
12.00 M'T **Jaguar Journals**
1.00 AM **Shark Squad** As 9.00pm.
2.00 **Wild Dogs: Running with the Pack** Double bill of editions.
3.00 **Qatar: Pearls in the Sand**
4.00 **to 6.00** AM **Beasts of the Big Blue**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Crimes That Shook Britain**
10.00 **Greatest Escapes of WWII**
11.00 **Digging for Britain**
1.00 PM **Al Murray: Why Do the Brits Win Every War?**
2.00 **Ancient Aliens** Double bill.
4.00 **Rome: Rise and Fall of an Empire** Documentary.
5.00 **Colosseum** Double bill.
7.00 **Crimes That Shook Britain** How the 2009 murder of Clare Wood gave rise to a new law.
8.00 **Colosseum** Commodus risks his life in the arena.
9.00 **Mysteries Unearthed with Danny Trejo** Discoveries that shocked and terrified the world.
10.00 **The UnXplained: Mysteries of the Universe** The vast array of moons in our solar system.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Crimes That Shook Britain**
2.00 **The Secret Nazi Expeditions**
3.00 **Combat Ships**
4.00 **Al Murray: Why Do the Brits Win Every War?**
5.00 **to 6.00** AM **Mysteries from Above**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
2.00 PM **How the Universe Works**
4.00 **NASA's Unexplained Files**
6.00 **How It's Made** The making of ochre and hurdy gurdies. **6.30** Exhaust headers and moulded limestone artwork. **7.00** The making of guitars out of recycled skateboards. **7.30** The production of pulley systems and medicine balls.
8.00 **Alien Highway** Chuck Zukowski searches for definitive proof of extraterrestrial life. **9.00** A man from Missouri contacts Chuck for help.
10.00 **The Alaska Triangle** Reports of a secret alien base deep inside Alaska's highest mountain. **11.00** A cryptozoologist hunts for scientific proof of Bigfoot.
12.00 M'T **In Search of Monsters**
2.00 AM **Expedition X** Double bill.
4.00 **to 6.00** AM **How Do They Do It?**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam**
3.40 PM **My Strange Arrest**
5.00 **Snapped Behind Bars**
6.00 **The Real Murders of Atlanta** Police discover a body in an affluent neighbourhood.
7.00 **The Real Murders of Orange County** The Vietnamese community is shaken by the murder of an immigrant's son.
8.00 **Staged: Deadly Deception** Exploring shocking cases where crime scenes were staged to conceal the truth.
9.00 **Murder in the 21st** A community is rocked by the disappearance of a law student.
10.00 **Crime in Progress** A doctor in Cleveland goes missing.
11.00 **Interview with a Killer**
12.00 M'T **Predator Hunters**
1.00 AM **Interrogation Raw**
2.00 **I Met My Murderer Online**
3.00 **to 6.00** AM **On the Case with Paula Zahn**

+1hour 256 333

WILD

165 145 182

8.00 AM **Animal Fight Club**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo**
11.00 **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Jaguar: Jungle Icon of Guyana** Following a young jaguar in Guyana's rainforests.
3.00 **Ice Road Rescue**
5.00 **Snakes in the City** Simon and Siouxsie encounter Africa's largest cobra. **6.00** Cobras seek refuge from a fire in Cape Town.
7.00 **Heartland Docs** An eagle who was injured in a cow pasture.
8.00 **National Parks: USA** The landscapes of Zion National Park.
9.00 **Yellowstone: Life in Extremes** Examining how intense weather can wreak havoc on the land.
10.00 **Africa's Big Five** The natural history of Africa's five principle wild animals – rhinos, elephants, leopards, lions and buffalos.
11.00 **Something Bit Me**
1.00 AM **Lawless Island**
2.00 **When Sharks Attack**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Triple bill.
6.00 **How the Universe Works** Experts explain the importance of supermassive black holes. **7.00** Experts explain the science behind the sun. **8.00** New discoveries that have revealed alien worlds.
9.00 **Treasure Quest: Snake Island** Toxic fumes threaten to end the search and the team must improvise a solution. **10.00** The team are forced to risk life and limb in a bid to solve the Sacambaya mystery. **11.00** The team take on the treacherous Bolivian Andes to track down the legendary Sacambaya treasure.
12.00 M'T **Blowing Up History: Seven Wonders** Experts investigate the mysteries behind Roman structures.
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering** Exploring a country estate in Ireland where family divisions reflected a national struggle. **2.00** Exploring Anchieta, a tropical island complex in Brazil. **3.00** The ruined site of Troy, which helped decode one of the world's most enduring mysteries. **4.00** Exploring Seodaemun Prison in Seoul, South Korea.
5.00 **Citizen Smith** Wolfie is ordered to look after Speed's girlfriend. **5.40** Wolfie loses in a by-election and decides to take direct action by kidnapping his victorious opponent. **6.20** Wolfie decides to postpone the revolution until he has sorted out his love life. **7.00** Ken gives Wolfie and Shirley a unique wedding gift. **7.40** Wolfie is in trouble when Speed is released from prison.
8.20 **Citizen Smith** Sitcom.
5.35 **to 6.00** AM **Villages by the Sea**

+1hour 266 376

ID

154 140 166

8.00 AM **Murder in the Heartland**
12.00 NOON **I Almost Got Away with It** Four editions.
4.00 PM **American Monster** A couple living with dark secrets in a wealthy Chicago suburb. **5.00** Investigating the murder of Sandra Miles by her daughter Tracie Lynn Miles. **6.00** A look into the murder of two family members. **7.00** The double lives of the US's most terrifying killers.
8.00 **Murder Comes to Town** The murder of Megan Sharpton.
9.00 **Love, Honor, Betray** The terrible event that tore Sarah Ripoli's family apart when she was six years old.
10.00 **Seduced to Slay** In Daytona Beach, an affair between a bar owner and a waiter leads to a deadly home invasion.
11.00 **Who the (Bleep) Did I Marry?**
12.00 M'T **Deadly Influence: The Social Media Murders**
2.00 AM **The Big Swindle**
4.00 **to 6.00** AM **Betrayed**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **Wrench'd**
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **World's Biggest Shipbuilders** Four editions.
4.00 PM **Sydney Harbour Patrol**
5.00 **Goblin Works Garage** Triple bill of editions, including at: **7.00** The team have just 10 days to strip, supercharge and upgrade a VW Campervan.
8.00 **Shed and Buried: Classic Cars** Henry and Fuzz admire a collection of Morris Minors. **9.00** Transforming a 1920s Model A Ford pickup truck.
10.00 **Richard Hammond's Workshop** An urgent search for new staff is scuppered. **11.00** Richard is desperate to get behind the wheel of his beloved MGB in a race. **12.00** M'T Neil, Richard, and the Cogs are under pressure to finish Monty's Rolls Royce, the most important restoration they have ever done.
1.00 **to 4.00** AM **Wrench'd**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.40 AM **The Plague** Thriller. (2025, 15, 98min) ★★★★
8.30 **The SpongeBob Movie: Search for SquarePants**
10.20 PREMIERE **Mile End Kicks**
12.20 PM **Dead Man's Wire** (2025)
2.15 **The Choral** Comedy drama. (2025, 15, 113min) ★★★★
4.15 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
6.00 **Carolina Caroline** Thriller. (2025, 15, 105min) ★★★★

8.00 Mile End Kicks

8.00 PREMIERE **Mile End Kicks** Romantic comedy starring Barbie Ferreira. A young woman moves to Montreal to write a book, but falls for two band members instead. With Stanley Simons and Devon Bostick. (2025, 15, 111 min) ★★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Black Phone 2** Thriller sequel starring Ethan Hawke. The survivor of a serial killer attempts to stay alive when the vengeful psychopath he thought he killed returns. (2025, 18, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **LifeHack** Thriller starring Georgie Farmer and Yasmin Finney. (2025, 15, 97min)
1.40 AM **No Ordinary Heist** Thriller starring Eddie Marsan. (2026, 15, 99min) ★★★
3.25 **Dead Man's Wire** Thriller. (2025, 15, 104min) ★★★★
5.15 **to 6.55** AM **LifeHack** (2025)

Sky Cinema Bridget Jones

303 303 403 503 517

6.00 AM **Bridget Jones's Diary**
7.45 **Bridget Jones: The Edge of Reason** As shown at 11.55pm.
9.45 **Bridget Jones's Baby** (2016)
11.55 **Bridget Jones: Mad About the Boy** As shown at 8.00pm.
2.05 PM **Bridget Jones's Diary**
3.50 **Bridget Jones: The Edge of Reason** As shown at 11.55pm.
5.50 **Bridget Jones's Baby** Romantic comedy sequel with Renée Zellweger and Colin Firth. (2016, 15, 123min) ★★★

10.10 Bridget Jones's Diary

8.00 **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger, Chiwetel Ejiofor and Leo Woodall. Recently widowed Bridget enters the dating game once again. With Hugh Grant. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Bridget Jones's Diary** Romantic comedy based on the novel by Helen Fielding, starring Renée Zellweger. A singleton finds herself torn between her charming but untrustworthy boss and a seemingly aloof lawyer. (2001, 15, 96min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Bridget Jones: The Edge of Reason** Comedy sequel. (2004, 15, 108min) ★★★
2.00 AM **Bridget Jones's Baby**
4.15 **Sky Cinema Preview**
5.15 **to 7.35** AM **Bridget Jones: Mad About the Boy** (2024)

Sky Cinema Drama

310 310 410 510 524

7.45 AM **Touch** As shown at 3.10am.
9.55 **Cookster: The Darkest Days**
12.00 NOON **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★
1.25 PM **Downton Abbey: The Grand Finale** Period drama. (2025, PG, 123min) ★★★★
3.35 **Regretting You** Melodrama. (2025, 12, 116min) ★★★
5.40 **Erin Brockovich** Legal drama. (2000, 15, 133min) ★★★★

8.00 **Materialists** Romantic comedy with Dakota Johnson, Chris Evans and Pedro Pascal. A matchmaker is torn between the perfect match and her imperfect ex. (2025, 15, 116min) ★★★★
10.10 **One Battle After Another** Oscar-winning action thriller starring Leonardo DiCaprio, Sean Penn and Benicio del Toro. A washed-up revolutionary scrambles to find his daughter when his nemesis resurfaces. (2025, 15, 161min) ★★★★★

1.00 AM **Cookster: The Darkest Days** Drama starring Craige Middleburg and Nick Moran. (2024, 15, 119min) ★★★
3.10 **Touch** Icelandic drama starring Egill Olafsson. Partly subtitled. (2024, 15, 121min) ★★★★
5.20 **to 6.45** AM **Boy Meets Boy**

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.10 AM **We Bury the Dead** Horror. (2024, 15, 94min) ★★★★
8.00 **Westworld** Sci-fi thriller. (1973, 15, 89min) ★★★★
9.40 **Until Dawn** Horror starring Ella Rubin. (2025, 15, 99min) ★★★
11.30 **Presence** Horror starring Lucy Liu. (2024, 15, 84min) ★★★★
1.00 PM **Waterworld** Sci-fi action adventure with Kevin Costner. (1995, 12, 134min) ★★★

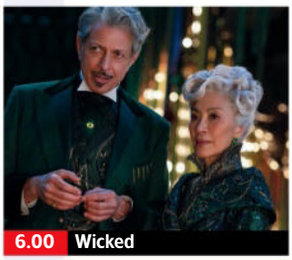
3.35 **Chappie** Sci-fi thriller with Dev Patel. (2015, 15, 120min) ★★
5.40 **Mickey 17** Sci-fi comedy starring Robert Pattinson. (2024, 15, 137min) ★★★
8.00 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. A linguist must find a way to communicate with an alien race as the world teeters on the brink of global conflict. (2016, 12, 116min) ★★★★★
10.00 **Him** Horror starring Marlon Wayans. (2025, 18, 96min) ★★★

11.50 **The Exorcist** Occult horror. (1973, 18, 121min) ★★★★★
1.55 AM **Annabelle** Horror spin-off. (2014, 15, 97min) ★★
3.40 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
5.45 **to 6.30** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
304 304 406 506 519

7.15 AM **Annie** Musical remake. (2014, PG, 115min) ★★★
9.20 **Smallfoot** (2018, U) ★★★
11.05 **Dog Man** Animated comedy. (2025, U, 89min) ★★★★
12.45 PM **The Boss Baby** Animation. (2017, U, 97min) ★★★
2.30 **Paddington** Family comedy. (2014, PG, 95min) ★★★★★
4.10 **Paddington 2** Comedy sequel. (2017, PG, 104min) ★★★★★
6.00 **Wicked** Musical adventure. (2024, PG, 160min) ★★★★


6.00 Wicked

8.45 **Sonic the Hedgehog 3** Fantasy adventure sequel starring Jim Carrey and James Marsden, and featuring the voice of Ben Schwartz. The blue hedgehog, Knuckles and Tails reunite to face the villainous Shadow. (2024, PG, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Jackie Chan's The Tuxedo** Action comedy starring Jackie Chan. A chauffeur tries on a secret agent's tuxedo and discovers that it gives the wearer amazing powers. (2002, 12, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Look Who's Talking** Comedy starring John Travolta. (1989, 12, 96min) ★★★
2.35 **The Wild Robot** Animation with the voice of Lupita Nyong'o. (2024, U, 102min) ★★★★
4.30 **to 6.20** AM **MouseHunt** Comedy starring Nathan Lane. (1997, PG, 98min) ★★★★

Sky Cinema Action
306 306 407 507 521

7.30 AM **The Cinema List: Remakes**
7.50 **Bloodshot** Sci-fi thriller. (2020, 12, 109min) ★★
9.50 **Shazam!** Comedy adventure. (2019, 12, 132min) ★★★★
12.15 PM **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
2.35 **Mission: Impossible – The Final Reckoning** Thriller. (2024, 12, 169min) ★★★
5.35 **The Running Man** Comedy thriller starring Glen Powell. (2025, 15, 133min) ★★★

5.35 The Running Man

8.00 **Olympus Has Fallen** Action thriller starring Gerard Butler. A disgraced secret service agent strives to foil North Korean guerrillas who have seized control of the White House and taken the president hostage. (2011, 15, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Godzilla** Hollywood remake of the Japanese monster movie, starring Matthew Broderick, Jean Reno and Maria Pitillo. A giant mutant lizard heads for Manhattan, leaving a trail of disaster in its wake. (1998, PG, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Wonder Woman** Fantasy adventure starring Gal Gadot. (2017, 12, 121min) ★★★★
2.55 **300** Adventure with Gerard Butler and Lena Headey. (2006, 15, 116min) ★★★★
4.55 **to 6.40** AM **Retribution** Thriller. (2023, 12, 91min) ★★

Sky Cinema Comedy
308 308 408 508 522

7.10 AM **Seven Psychopaths** Dark comedy. (2012, 15) ★★★★
9.05 **Arthur** As shown at 5.30am.
10.55 **Mamma Mia!** (2008) ★★★★
12.45 PM **Mamma Mia! Here We Go Again** (2018, PG) ★★★★
2.45 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
4.40 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★★
6.25 **Dumb and Dumberer: When Harry Met Lloyd** Comedy prequel. (2003, 12, 85min) ★

6.25 Dumb and Dumberer

8.00 **The Wedding Singer** Offbeat romantic comedy starring Adam Sandler and Drew Barrymore. A perky waiter saves a singer from despair after he is jilted at the altar. (1998, 12, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Mean Girls** Teen comedy starring Lindsay Lohan as a 15-year-old girl who moves from Africa to America and finds that she must learn a new law of the jungle when she enrols at high school. (2004, 12, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Just Go With It** Romantic comedy. (2011, 12, 117min) ★
1.30 AM **'About Last Night...'** Comedy starring Rob Lowe. (1986, 18, 113min) ★★★
3.30 **Gremlins 2: The New Batch** Horror comedy fantasy sequel. (1990, 12, 107min) ★★★
5.30 **to 7.20** AM **Arthur** Comedy. (1981, 15, 93min) ★★★★

Sky Cinema Thriller
309 309 409 509 523

6.15 AM **RocknRolla** As 2.00am.
8.15 **Safe House** As 11.50pm.
10.15 **Nightcrawler** As 6.00pm.
12.15 PM **Jaws** Steven Spielberg's thriller starring Roy Scheider. (1975, 12, 125min) ★★★★★
2.25 **Jaws 2** Thriller sequel. (1978, PG, 115min) ★★★
4.25 **Black Bag** Espionage thriller. (2024, 15, 94min) ★★★★
6.00 **Nightcrawler** Crime thriller starring Jake Gyllenhaal. (2014, 15, 115min) ★★★★

6.00 Nightcrawler

8.00 **The Equalizer 2** Action thriller sequel starring Denzel Washington and Pedro Pascal. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. With Orson Bean and Ashton Sanders. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **One Last Deal** Drama starring Danny Dyer. A sports agent scrambles to land one last lucrative deal for his star client, with both their futures on the line. With Elliott Rogers. (2026, 18, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Safe House** Action thriller starring Ryan Reynolds. (2012, 15, 110min) ★★★
2.00 AM **RocknRolla** Guy Ritchie's comedy thriller with Gerard Butler. (2008, 15, 110min) ★★
4.05 **to 6.00** AM **Caddo Lake** Thriller starring Dylan O'Brien. (2024, 12, 99min) ★★★

Film4
313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Sailor of the King** World War Two action drama. (1953, b/w, U, 85min) ★★★
12.50 PM **The Desert Fox** Biopic. (1951, b/w, PG, 88min) ★★★
2.40 **Playing with Fire** Comedy. (2019, PG, 96min) ★★
4.35 **Flight of the Phoenix** Action adventure with Dennis Quaid. (2004, 12, 113min) ★★★
6.45 **Uncharted** Action adventure. (2022, 12, 116min) ★★★

4.35 Flight of the Phoenix

8 PM **Uncharted** (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Mission: Impossible – Ghost Protocol** Action spy thriller starring Tom Cruise. Super spy Ethan Hunt and his team strive to stop a rogue Russian scientist from provoking a global nuclear war. With Jeremy Renner and Simon Pegg. (2011, 12, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.40** **The Great Wall** Fantasy adventure starring Matt Damon. A mercenary is pulled into a battle between Chinese warriors and giant, lizard-like monsters. With Willem Dafoe. (2016, 12, 103min) ★★★
1.45 **to 4.00** AM **Venom** Fantasy adventure starring Tom Hardy. (2018, 15, 112min) ★★★
+1 hour 314 430 47 301 257

Sky Cinema Minions
302 302 402 502 516

6.00 AM **Despicable Me** As 7.10pm.
7.40 **Despicable Me 2** As 8.55pm.
9.25 **Despicable Me 3** As 10.40pm.
11.00 **Minions** As shown at 5.35pm.
12.35 PM **Despicable Me** As 7.10pm.
2.15 **Despicable Me 2** As 8.55pm.
4.00 **Despicable Me 3** As 10.40pm.
5.35 **Minions** Animated comedy with the voices of Sandra Bullock, Michael Keaton and Jon Hamm. (2015, U, 91min) ★★★★

7.10 **Despicable Me** Animated comedy featuring the voices of Steve Carell and Jason Segel. A criminal mastermind adopts three young girls as part of his plan to steal the moon. (2010, U, 94min) ★★★★
8.55 **Despicable Me 2** Animated comedy sequel featuring the voices of Steve Carell, Kristen Wiig and Benjamin Bratt. The reformed super-villain falls in love with a secret agent. (2013, U, 97min) ★★★

10.40 **Despicable Me 3** Animated comedy sequel with the voices of Steve Carell and Kristen Wiig. (2017, U, 99min) ★★★
12.20 AM **Minions** As 5.35pm.
2.05 **Despicable Me** As 7.10pm.
3.55 **Despicable Me 2** As 8.55pm.
5.45 **to 7.30** AM **Despicable Me 3**

Sky Cinema Greats
307 307 404 504 518

7.55 AM **First Knight** Romantic drama. (1995, PG, 134min) ★★★
10.10 **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
12.10 PM **Demolition Man** Action thriller. (1993, 15, 114min) ★★★
2.10 **Lethal Weapon** Action thriller. (1987, 15, 110min) ★★★★
4.05 **Lethal Weapon 2** Action thriller sequel starring Mel Gibson. (1989, 15, 110min) ★★★★

6.00 **Lethal Weapon 3** Action thriller sequel starring Mel Gibson and Danny Glover. (1992, 15, 118min) ★★
8.00 **Lethal Weapon 4** Action thriller sequel starring Mel Gibson and Danny Glover. The maverick LA cop duo tangle with a gangster from the Hong Kong underworld. (1998, 15, 128min) ★★★
10.10 **Patriot Games** Action thriller starring Harrison Ford, Anne Archer, Sean Bean and James Fox. (1992, 15, 116min) ★★★

12.10 AM **Falling Down** Controversial drama. (1993, 18, 115min) ★★★★
2.05 **Fatal Attraction** Adrian Lyne's thriller. (1987, 15, 120min) ★★★★
4.05 **Sky Cinema Preview**
5.05 **to 7.30** AM **The Day of the Jackal** Thriller with Edward Fox. (1973, 15, 142min) ★★★★★

Disney+ Cinema
305 305

6.00 AM **Duck Tales the Movie: Treasure of the Lost Lamp** Animated family adventure. (1990, U, 73min) ★★★
7.20 **A Bug's Life** Animated comedy. (1998, U, 94min) ★★★★★
9.00 **A Goofy Movie** Adventure. (1995, U, 78min) ★★
10.20 **Hercules** Animated musical with the voice of Tate Donovan. (1997, U, 92min) ★★★★

11.55 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
2.20 PM **The Good Dinosaur** Animation. (2015, PG) ★★★★
4.00 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
5.45 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
7.30 **Monsters, Inc** Animated comedy. (2001, U, 95min) ★★★★★
9.00 **Logan** Fantasy adventure. (2017, 15, 132min) ★★★★

11.15 **Conan the Barbarian** Action fantasy. (1981, 15, 129min) ★★★
1.25 AM **28 Weeks Later** Horror sequel. (2007, 18, 99min) ★★★★
3.05 **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
4.40 **to 6.00** AM **Bambi** Animation. (1942, U, 69min) ★★★★★

Movies 24
312 313 419

7.00 AM **Mystery Island: Play for Keeps** Drama. (2025, PG) ★★
9.00 **Autumn at Apple Hill** Comedy. (2024, PG, 84min) ★★
11.00 **CrimeTime: Freefall** Mystery. (2024, PG, 90min) ★★
1.00 PM **The Way to You** Romantic drama. (2026, PG, 90min) ★★
3.00 **Mystery Island: House Rules** Drama with Elizabeth Henstridge. (2024, PG, 84min) ★★

5.00 **Sense and Sensibility** Romantic drama starring Deborah Ayorinde. (2024, U, 84min) ★★
7.00 **Betty's Bad Luck in Love** Romantic comedy starring Laci J Mailey and Marco Grazzini. (2024, PG, 84min) ★★
9.00 **The Real West** Romantic comedy with Kimberley Sustad and Lucas Bryant. A widowed academic takes a holiday on a ranch, and finds herself growing attracted to her sister's boyfriend. (2024, PG, 84min) ★★

11.00 **The Royal Nanny** Festive comedy. (2022, PG, 84min) ★★
1.00 AM **What We Do For Love** Comedy. (2023, PG, 89min) ★★
3.00 **to 5.00** AM **Adventures in Love & Birding** (2025, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures
324 445 82 306 36

6.00 AM **Highlights**
7.50 **Legend of the Hidden City**
8.25 **The Adventures of Sir Lancelot**
9.00 **Batman** 15/26. (S3)
9.30 **Hawkeye & the Last of the Mohicans** 9/39. (S1)
10.00 **Captain Scarlet and the Mysterons** 18/32. (S1)
10.30 **Champion the Wonder Horse**
11.00 **The Buccaneers** 29/39. (S1)
11.30 **The Adventures of Robin Hood**

12.00 NOON **Beyond the Time Barrier**
1.30 PM **Carrington VC** (1954) ★★★
3.30 **Dial 999** 23/39. (S1)
4.00 **Whiplash** 23/34. (S1)
4.35 **Two-Way Stretch** Comedy. (1959, b/w, U, 87min) ★★★★★
6.20 **Cinebox Memories**
6.25 **Dick Turpin** 4/13. (S1)
7.00 **Maigret** 1/13. (S1)
8.00 **The Duchess of Duke Street**
9.05 **Home at Seven** Suspense thriller. (1952, b/w, PG, 82min) ★★★
10.50 **Eurotrash** With Mike Flowers.
11.25 **Fortean TV**

12.00 M'T **One Step Beyond** (S1)
12.35 AM **Frankenstein and the Monster from Hell** (1973, 18) ★
2.30 **The Veil** 9/12. (S1)
3.00 **The Greed of William Hart**
4.30 **Cinebox Memories**
4.35 **Green Hornet Strikes Again!**
5.00 **to 6.00** AM **Highlights**

Saturday

Sky Sports Main Event

401 401 501 419 439

6.30 AM **World Cup Report**
7.00 **World Cup Breakfast**
8.30 LIVE **Golf** Coverage of the first session of the final of the R&A Women's Amateur Championship.
10.15 LIVE **Test Cricket** England v New Zealand. Coverage of day three of the third and final Test at Trent Bridge.
2.30 PM LIVE **Formula 1** Austrian Grand Prix qualifying session.
4.00 LIVE **Test Cricket** England v New Zealand. Further coverage of day three of the third and final Test from Trent Bridge.
6.30 LIVE **Women's T20 Cricket World Cup** England v New Zealand. The Group B match from Kia Oval.
10.00 LIVE **PGA Tour Golf** Day three of the Travelers Championship at TPC River Highlands in Cromwell.
11.00 LIVE **Major League Cricket** MI New York v LA Knight Riders. The T20 match at Oakland Coliseum in California.
2.20 to 6.30 AM LIVE **Major League Cricket** Washington Freedom v Texas Super Kings. The T20 match.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Best PL Goals 06/07**
8.00 **Premier League 100 Club**
9.00 **Premier League Review**
6.00 PM **Premier League Review** The 35th round of fixtures. **7.00** Highlights from the 36th round of top-flight matches. **8.00** Action from round 37. **9.00** Highlights from the 38th round of top-flight fixtures.
10.00 PM **Gary Neville's Soccerbox** The former defender is joined by five-time Premier League winner and Chelsea legend John Terry.
11.00 **Premier League Years** A look at the 2018/19 campaign, which saw Liverpool and Manchester City battle it out for the title.
1.00 AM **PL Retro** A replay of Arsenal v Leeds United from 2003.
3.00 **PL Greatest Games** Birmingham City v Aston Villa from 2002. **3.15** Highlights from Bradford City v Liverpool in 2000. **3.30** Aston Villa v Birmingham City from the 2007/08 season. **3.45** Action from Liverpool v Blackburn Rovers in 1995.
4.00 **Best PL Goals 06/07**
5.00 to 6.00 AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **World Cup Report** Updates from yesterday's games in North America, featuring Tunisia v Netherlands and Japan v Sweden in Group F, Türkiye v USA and Paraguay v Australia in Group D, and Norway v France and Senegal v Iraq in Group I.
7.00 **World Cup Breakfast** All the latest headlines and stories surrounding the World Cup in Mexico, Canada and the USA.
10.00 **World Cup Matchday** A look ahead to upcoming matches, featuring expert opinion, live discussion and analysis of the biggest World Cup stories.
2.00 PM **World Cup Matchday** In-depth analysis and discussion on the latest World Cup matches.
7.00 **World Cup Report** Daily guide to the tournament, taking a look ahead to England's final Group L fixture against Panama.
10.00 **World Cup Report** A round-up of the day's news from the tournament in Mexico, Canada and the USA, with further updates on England's final Group L game against Panama.
2.00 to 6.00 AM **World Cup Report**

Sky Sports Cricket

405 405 505 422 442

6.30 AM **Women's T20 World Cup**
7.00 **Women's World Cup**
7.30 **Women's T20 World Cup**
8.00 **Test Cricket** England v New Zealand from Trent Bridge.
9.00 **Women's T20 World Cup**
9.30 **Women's World Cup**
10.00 **Test Cricket Bitesize**
10.15 LIVE **Test Cricket** England v New Zealand. Coverage of day three of the third and final Test from Trent Bridge.
7.00 PM LIVE **Women's T20 Cricket World Cup** England v New Zealand. Coverage of the Group B match held at the Oval. These two sides last faced each other in a three-match T20 series at the end of May, with England coming out on top thanks to a 2-1 victory.
10.00 **Best of WT20**
10.15 LIVE **Major League Cricket** MI New York v LA Knight Riders. Coverage of the T20 match at Oakland Coliseum.
2.15 to 6.30 AM LIVE **Major League Cricket** Washington Freedom v Texas Super Kings. Coverage of the T20 match at Oakland Coliseum.

Sky Sports Golf

406 406 506 423 443

6.00 AM **Rose Ladies Series**
6.30 **PGA Tour Golf** Highlights.
7.30 **US Open Golf** The fourth day.
8.30 LIVE **Golf** Coverage of the first session of the final of the R&A Women's Amateur Championship.
12.30 PM LIVE **DP World Tour Golf** Coverage of the third day of the Italian Open at Circolo Golf Torino.
5.00 LIVE **Women's PGA Championship** Coverage of day three of the Major at Hazeltine National Golf Club in Minnesota.
10.00 LIVE **PGA Tour Golf** Day three of the Travelers Championship staged at TPC River Highlands.
11.00 **PGA Tour Champions**
12.00 M'T **DP World Tour Golf**
2.00 AM **PGA Tour Golf**
3.00 **Women's PGA Championship**
4.00 **School of Golf** Expert advice.
5.00 to 6.00 AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
12.30 PM LIVE **WTA Tennis** Coverage of the Bad Homburg Open final.
2.30 LIVE **ATP Tennis** Coverage of the ATP Mallorca Open final.
4.00 **ATP Tour This Week**
4.30 **WTA & ATP Tennis**
6.30 **ATP Tour This Week**
7.00 **WTA Tennis** Bad Homburg Open.
9.00 **ATP Tennis** Mallorca Open final.
11.00 **ATP Tennis** Halle Open review.
12.00 M'T **WTA Tennis** Berlin Open.
1.00 to 6.00 AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

7.00 AM **TNT Sports Reload**
7.15 LIVE **World Rally Championship** Rally Greece.
8.15 **TNT Sports Cricket Reload**
8.30 **SailGP – Racing on the Edge**
9.00 LIVE **World Rally Championship** Rally Greece.
10.30 **UEFA Conference League**
10.45 LIVE **World Rally Championship** Rally Greece.
11.45 LIVE **National Road Championship** Coverage of the women's elite road race in Spain.
1.15 PM **MLB Highlights**
2.15 **Premier League Stories**
2.45 **UEFA Champions League**
3.00 LIVE **UFC** The preliminary bouts.
5.00 LIVE **UFC** Rafael Fiziev v Manuel Torres. Coverage of the lightweight bout.
8.30 **What Went Down**
9.00 LIVE **MLB** New York Mets v Philadelphia Phillies. National League match from Citi Field. Start-time 9.10pm.
12.00 M'T **UEFA Champions League**
1.30 AM **UEFA Europa League**
3.00 **UEFA Youth League**
4.00 **World Rally Championship**
4.30 to 6.00 AM **Gallagher PREM**

TNT Sports 2

411 414 522 409 431

6.00 AM **TNT Sports Reload**
7.00 **MotoGP** GP of Netherlands.
7.30 LIVE **MotoGP** The Grand Prix of Netherlands Moto3 and Moto2 second free practice sessions.
9.00 LIVE **MotoGP** The Grand Prix of Netherlands MotoGP qualifying session held at TT Circuit Assen.
11.45 LIVE **MotoGP** Coverage of the Grand Prix of Netherlands Moto3 and Moto2 qualifying sessions.
1.45 PM LIVE **MotoGP** The Grand Prix of Netherlands MotoGP sprint race staged at TT Circuit Assen.
2.45 LIVE **Test Cricket** West Indies v Sri Lanka. Coverage of the third day of the first Test in the two-match series from Sir Vivian Richards Stadium.
11.00 **International T20 Cricket Highlights** Ireland v India.
12.00 M'T **MotoGP** From Netherlands.
12.30 AM **World Rally Championship**
1.00 **SailGP – Racing on the Edge**
1.30 **FIM Speedway Grand Prix**
2.30 **British Superbikes Highlights**
3.30 **MotoGP** GP of Netherlands.
4.00 **ABB FIA Formula E World Championship Highlights**
5.00 to 6.00 AM **International T20 Cricket Highlights**

Sky Sports Action

412 410 510 426 446

6.00 AM LIVE **NRL** Dolphins v New Zealand Warriors. Coverage from Suncorp Stadium. Kick-off is at 6.00am.
8.00 **Super League Highlights**
8.15 **World Club Challenge**
8.30 LIVE **NRL** North Queensland Cowboys v Penrith Panthers. Coverage of the match at Queensland Country Bank Stadium. Kick-off 8.30am.
10.35 LIVE **NRL** Manly-Warringah Sea Eagles v Melbourne Storm. The match in the 17th round of fixtures from 4 Pines Park. Kick-off 10.35am.
12.35 PM **NBA on Fire**
1.05 **NBA Basketball**
3.35 **NFL Highlights**
4.30 **Super League Highlights**
4.45 **World Club Challenge**
5.00 **State of Origin Rugby League**
7.00 **NBA on Fire** The latest news.
7.30 **NBA Basketball**
9.30 **Super League Highlights**
9.45 **World Club Challenge**
10.00 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
1.00 AM **Women's Super League**
1.30 **World Club Challenge**
1.45 to 6.00 AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM LIVE **NRL** Dolphins v New Zealand Warriors. Coverage from Suncorp Stadium. Kick-off is at 6.00am.
8.00 **World Cup Breakfast**
10.00 LIVE **Women's T20 Cricket World Cup** Netherlands v Pakistan. Coverage of the Group A match from Bristol County Ground.
2.00 PM LIVE **Women's T20 Cricket World Cup** Ireland v West Indies. The Group B match at Bristol County Ground. The Windies claimed a six-wicket victory when these nations faced each other at the 2023 event.
6.00 LIVE **PGA Tour Golf** Coverage of the third day of the Travelers Championship staged at TPC River Highlands in Cromwell. Billy Casper is the most victorious player in the history of this tournament, with the three-time Major winner lifting the trophy on four occasions in the 1960s and 70s.
11.00 **World Cup Report**
12.00 M'T **EFL Greatest Games**
1.00 AM **Formula 1** From Canada.
2.00 to 6.00 AM **WTA Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **Test Cricket** Highlights.
8.00 **Women's T20 World Cup**
8.30 LIVE **Golf** Coverage of the first session of the final of the R&A Women's Amateur Championship.
12.30 PM **Women's T20 World Cup**
1.00 LIVE **Golf** Coverage of the second session of the R&A Women's Amateur Championship.
2.00 LIVE **Women's T20 Cricket World Cup** Ireland v West Indies. Coverage of the Group B match staged at Bristol County Ground.
6.00 LIVE **Women's T20 Cricket World Cup** England v New Zealand. Rhe Group B match at the Kia Oval.
10.00 **Test Cricket** Highlights.
11.00 **Women's T20 World Cup**
12.30 AM **Test Cricket Bitesize**
12.45 **PL Greatest Games**
1.00 **US Open Golf** Days one to four.
5.00 to 6.00 AM **Test Cricket**

TNT Sports 3

413 415 523 410 432

7.00 AM **Premier League Stories**
7.30 **Test Cricket Highlights**
8.30 **Sign Up – Into Football**
9.30 LIVE **The EE Disability FA Cup** The Amputee Final.
11.45 LIVE **The EE Disability FA Cup** The Partially Sighted Final.
2.00 PM LIVE **The EE Disability FA Cup** Coverage of the Blind Final.
4.45 **European Football Highlights**
5.30 **MLB Plays of the Week**
6.00 LIVE **MLB** Boston Red Sox v New York Yankees. Start-time 6.10pm.
9.00 **World Rally Championship**
9.30 **MotoGP** GP of Netherlands.
10.00 **Cycling Road Championship**
12.00 M'T **UCI Mountain Bikes**
12.30 AM **The Gallagher PREM**
2.30 **Ultimate Pool** Recent action.
4.00 **SailGP – Racing on the Edge**
4.30 **UCI Mountain Bike World Series**
5.00 **MotoGP** GP of Netherlands.
5.30 to 6.00 AM **World Rally Championship**

TNT Sports 4

414 416 524 411 434

6.00 AM **International T20 Cricket**
7.00 LIVE **AFL** Collingwood Magpies v Richmond Tigers. Coverage of the match from Melbourne Cricket Ground. Bounce-up 7.15am.
10.00 **The Cycling Show**
10.30 LIVE **AFL** Port Adelaide Power v Adelaide Crows. From Adelaide Oval. Bounce-up 10.35am.
1.30 PM **TNT Sports Cricket Reload**
1.45 **Discovery Golf**
2.15 LIVE **World Rally Championship** The Rally Greece special stages 12 and 13.
6.30 LIVE **BMX Racing** Coverage of the UEC BMX Racing European Championships in Sarrians.
8.00 **The Gallagher PREM**
10.00 **AFL** Three match replays.
2.30 AM **IFSC Climbing World Series**
3.30 **TNT Sports Reload**
4.00 to 6.00 AM **Women's Cycling National Road Championship**

Premier Sports 1

419 APP 528

6.00 AM **Scottish Rally Championship**
6.30 **Motorsport Highlights**
8.30 **Sporting Greats**
9.00 **Champions Cup Show**
9.30 **LaLiga Match Highlights**
9.50 LIVE **Rugby Junior World Championship** Italy v Scotland.
12.00 NOON **LaLiga Match Highlights**
12.20 PM LIVE **Rugby Junior World Championship** England v Ireland. From Georgia.
2.30 **LaLiga Match Highlights**
2.50 LIVE **Rugby Junior World Championship** France v Fiji.
5.00 **LaLiga Match Highlights**
5.20 LIVE **Rugby Junior World Championship** Australia v Spain.
7.30 **Champions Cup Show**
8.00 LIVE **Top 14 Rugby Union** Coverage from the final.
11.00 **Champions Cup Show**
11.30 **Sporting Greats**
12.00 M'T **Top 14 Rugby Union**
2.00 AM **Sporting Countdowns**
3.00 to 6.00 AM **Motorsport**

Premier Sports 2

420 APP 529

6.00 AM **Argentine Primera**
7.55 **Nations Championship**
9.50 LIVE **Rugby Junior World Championship** Argentina v USA. Pool C match.
12.00 NOON **LaLiga Match Highlights**
12.20 PM LIVE **Rugby Junior World Championship** New Zealand v Japan.
2.30 **LaLiga Match Highlights**
2.50 LIVE **Rugby Junior World Championship** Wales v Georgia. Pool A game.
5.00 **LaLiga Match Highlights**
5.20 LIVE **Rugby Junior World Championship** South Africa v Uruguay.
7.30 **Temples of Sport**
8.00 **Football's Greatest**
8.30 **Rugby Junior World Championships** Argentina v USA.
10.30 **NHL Ice Hockey**
12.45 AM **LaLiga** A match replay.
3.00 **Football's Greatest**
3.30 to 6.00 AM **Premier Sports Cup**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
9.00 LIVE **Formula 3** Coverage of the Austrian Grand Prix sprint race.
10.00 **F1 Features**
11.15 LIVE **Formula 1** The Austrian Grand Prix third practice session.
1.10 PM LIVE **Formula 2** The Austrian Grand Prix sprint race.
2.15 LIVE **Formula 1** The Austrian Grand Prix qualifying session.
5.00 **Ted's Notebook**
5.30 **Formula 1** Austrian Grand Prix.
7.30 **Ted's Notebook**
8.00 **Formula 1** From Austria.
10.00 **Ted's Notebook**
10.30 **Formula 1** Austrian Grand Prix.
12.30 AM **Ted's Notebook**
1.00 **Formula 2** From Austria.
2.05 **Ted on Kimi Antonelli**
2.15 **Formula 3** Austrian Grand Prix.
3.15 **Naomi Hot Laps**
3.30 **Formula 1** From Austria.
4.45 to 6.00 AM **F1 Features**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

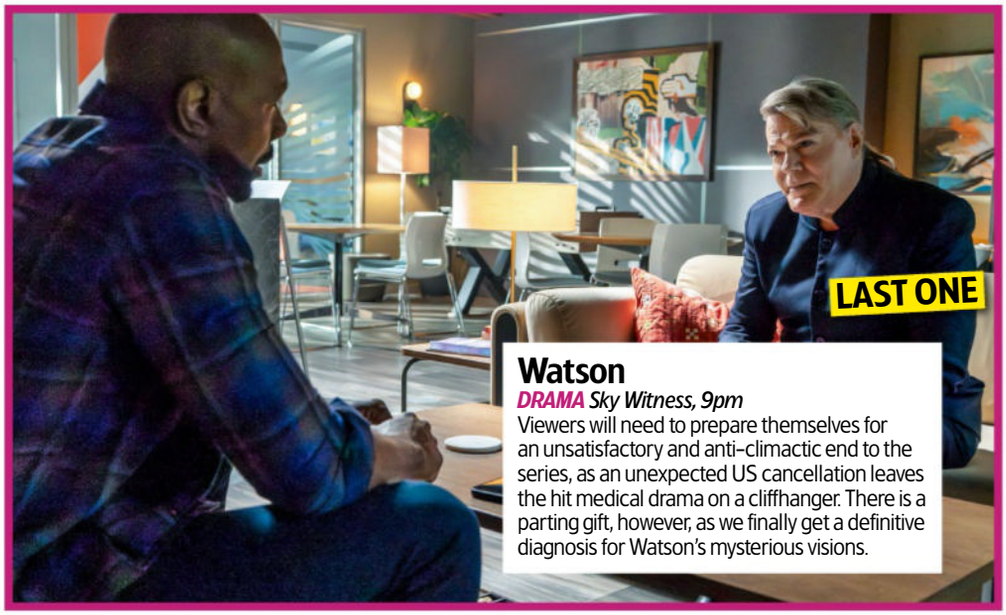
28 June

Planner

World Cup: Round-of-32

***FOOTBALL** BBC1 or ITV1, kick-off 8pm*

After a dizzying group stage involving 48 teams (up from 32 in the previous seven World Cups), the high-stakes knockout stage starts tonight with the runners-up of Groups A and B playing for a place in the next round – which could mean co-hosts Mexico and Canada facing each other.



Watson

***DRAMA** Sky Witness, 9pm*

Viewers will need to prepare themselves for an unsatisfactory and anti-climactic end to the series, as an unexpected US cancellation leaves the hit medical drama on a cliffhanger. There is a parting gift, however, as we finally get a definitive diagnosis for Watson's mysterious visions.

Taylor: A Story of Love

***DOCUMENTARY** C4,11pm*

Days before singer Taylor Swift is rumoured to be tying the knot to Kansas City Chiefs' tight end Travis Kelce, this documentary takes a look at how the love life of the world's biggest pop star has influenced and inspired her music.

F1: Austrian Grand Prix

***MOTORSPORT** Sky Sports Main Event & Sky Sports F1, race starts at 2pm*

Kimi Antonelli's straight run of victories came to a dramatic end in Barcelona when he was forced to retire just four laps from the finish. Can Kimi return to winning ways today?

Sunday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.30 Countryfile	7.30 Celebrity...	8.00 Antiques Roadshow		9.00 Death in Paradise		10.00 News;	10.30 Film: Ministry...
	102 BBC2	7.00 Cricket: Today at the Test		8.00 My Epic Camel Adventure with...		9.00 Murder Trial: Body in the Warehouse		10.00 Film: Back to Black	
	103 ITV1		7.15 Film: Downton Abbey: A New Era				9.40 Long Lost Family		10.35 News
	104 CHANNEL 4	‹ 6.30 F1: Austrian Grand Prix Highlights				9.00 Free Nelson Mandela		10.00 Celebrity Gogglebox	
	105 5	‹ 6.30 70s TV We Loved & Lost		8.00 Dogs Behaving (Very) Badly		9.00 Rich House, Poor House		10.00 The Butchers of LA	
	106 SKY ONE	7.00 La Brea		8.00 Film: Mean Girls				10.00 Film: Olympus Has Fallen	
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Film: Challengers			
	116 BBC4	7.00 Dolly: The Sheep That Changed the...		8.00 The Great American Songbook with Samara Joy					10.10 Music 625: Stravinsky...
	118 ITV2	‹ 6.40 Film: Pitch Perfect 2				9.00 Love Island		10.00 Love Island: Aftersun	
	136 MORE4	‹ 6.55 Four in a Bed				9.00 The Emergency Ward			10.05 24 Hours in A&E
	135 E4	‹ 6.05 Film: Cloudy with a Chance of...		8.00 Film: Notting Hill					10.25 First Dates
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Watson		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.40 The White Lotus				9.00 House of the Dragon			10.15 Task
	110 U&GOLD	‹ 6.35 Only Fools and Horses		8.00 Dad's Army	8.40 Red Dwarf				
	111 U&DAVE	7.00 Border Force: America's Gatekeepers		8.00 Special Ops: Crime Squad UK		9.00 Have I Got a Bit More News for You		10.00 QI	10.40 Mock...
	119 ITV3	‹ 6.05 Midsomer Murders							10.05 Vera
	120 ITV4	7.00 Hornblower				9.00 Film: Shaun of the Dead			
	112 COMEDY CENTRAL	7.00 Mr Bean						10.00 Michael McIntyre: Live & Laughing	
	145 SKY SCI-FI	7.00 Stargate Atlantis				9.00 The Baby		10.00 Small Town, Big Story	
	143 U&DRAMA	‹ 6.50 Hetty Wainthropp Investigates		8.00 Sister Boniface Mysteries		9.00 Silent Witness			
	109 U&ALIBI	7.00 Allegiance		8.00 Hudson & Rex		9.00 Death in Paradise		10.00 Father Brown	
	122 SKY ARTS	‹ 5.35 Queen – Live at Wembley Stadium		8.00 Film: Flash Gordon					10.10 Opry Live: Country's Greatest...
	132 U&W	7.00 Inside the Ambulance		8.00 Inside the Operating Theatre				10.00 The Catherine Tate Show	
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Barnwood Builders		10.00 Deadliest Catch	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Little Giants		9.00 Edge of Alaska		10.00 Tanked	
	129 NAT GEO	7.00 Hidden Beneath the Cities		8.00 Bloody Tales of the Tower					
	123 SKY HISTORY	‹ 6.30 U-Boat Wargamers						10.00 World War II with Tom Hanks	
	155 U&YESTERDAY	7.00 Canal Boat Diaries		8.00 Some Mothers Do 'Ave 'Em				10.00 Bangers & Cash	
	114 SKY DOCS	‹ 6.00 Rik Mayall: Magnificent B'stard		8.00 The Alien Autopsy Scandal		9.00 I'm Chevy Chase and You're Not			

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Prayer and Reflection** (S)(R)
11.00 FILM **The Boss Baby** Animated comedy featuring the voice of Alec Baldwin. (S) (2017, U, 90min) ★★★
12.30 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.15 **Songs of Praise** (S)
1.50 **Points of View** New edition (S)
2.05 **Lifeline** New edition (S)(AD)
2.15 **Escape to the Country** (S)(R)
2.45 **The Americas** (S)(R)(AD)
4.15 FILM **Roald Dahl's Matilda the Musical** Musical based on the hit stage show, starring Alisha Weir. (S)(AD) (2022, PG, 110min) ★★★★

• *Alternative schedule* If BBC1 show this evening's World Cup match, the schedule will be: **7.30pm LIVE Football: World Cup** Group A runner-up v Group B runner-up: Coverage of the opening round-of-32 match. Kick-off is at 8.00. (S) **10.30 BBC News** (S) **10.55 Local News** (S) **11.00 FILM PREMIERE The Ministry of Ungentlemanly Warfare** (S) (2024, 15, 110min) ★★★ **12.50am Weather for the Week Ahead** (S) **12.55-6.00am BBC News** (S)

6 PM

6.05 **BBC News** (S)
6.20 **Local News** (S)
6.30 **Countryfile** Charlotte Smith and Joe Crowley mark the 50th anniversary of the Viking Way, Adam Henson explores high-tech strawberry farming, and John Craven launches the show's annual photographic competition. (S)

7 PM

7.30 **Celebrity Escape to the Country** Denise Nurse helps Dr Ranj Singh in the Peak District. (S)(R)

8 PM

8.00 **Antiques Roadshow** Fiona Bruce presents the show from Belfast's Botanic Gardens. Treasures include some early poetry by Seamus Heaney and an old metal frame that made motorcycling history. (S)(R)

9 PM

9.00 **Death in Paradise** *Undercover and Out:* 4/9. Florence's undercover role takes a dangerous turn when she finds herself in familiar surroundings, amid a murder investigation. (S11) (S)(R)(AD)

10 PM

10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 FILM PREMIERE **The Ministry of Ungentlemanly Warfare** Guy Ritchie's wartime action comedy starring Henry Cavill, Alan Ritchson and Alex Pettyfer. During World War Two, the British military recruits a crack team of highly skilled soldiers, sending them on secret missions behind enemy lines to deal a decisive blow against German forces. (S) (2024, 15, 110min) ★★★ *See review, page 26.*
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.20 AM **Weather for the Week Ahead**
12.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **A to Z of TV Gardening** (S)(R)
7.15 **Glorious Gardens from Above** (R)
8.00 **Countryfile** (S)(R)
9.00 **Beechgrove Garden** New edition Popular garden plant varieties. (S)
9.30 **Landward** New edition (S)
10.00 **Saturday Kitchen Best Bites** (S)
11.30 **Mary Berry: Cook & Share** (S)(R)
12.30 PM **Nigel Slater's Simple Suppers** A pasta dish. (S)(R)
12.40 **Wimbledon 2025 Review** (S)
1.35 FILM **How the West Was Won** Epic western with James Stewart, Debbie Reynolds and Gregory Peck. (S)(AD) (1962, PG, 145min) ★★★
4.00 **This Farming Life** (S)(R)
5.00 LIVE **Athletics: Diamond League Paris** Coverage of the Meeting de Paris, the eighth round of the campaign, held at Stade Sébastien Charléty in France. (S)

5.00 Athletics: Diamond League

LIVE Athletics: Diamond League Paris (started at 5pm)

• *Alternative schedule* If BBC1 show this evening's World Cup match, the BBC2 schedule will be: **8.00pm Antiques Roadshow** (S)(R) **9.00-10.00pm Death in Paradise** (S)(R)(AD)

7.00 **Cricket: Today at the Test** England v New Zealand: Action from the fourth day of the third and final Test in the series, held at Trent Bridge. (S)

8.00 **My Epic Camel Adventure with Gordon Buchanan** The wildlife cameraman takes a camel ride across the Gobi Desert to discover how these animals have adapted to survive in extreme environments. (S)(R)

9.00 **Murder Trial: Body in the Warehouse** The murder of 60-year-old army veteran Ean Coutts, whose body was discovered in an abandoned warehouse near Glenrothes, Fife, in 2020. (S)(R)

10.00 FILM **Back to Black** Biopic starring Marisa Abela. The story of Amy Winehouse's life and career, following the development of her unique talent and passion. With Jack O'Connell and Eddie Marsan. (S)(AD) (2023, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.55 FILM **All Is True** Ben Elton-scripted drama directed by and starring Kenneth Branagh. (S) (2018, 12, 95min) ★★★
1.30 AM **Sign Zone: Expedition with Steve Backshall** (S)(R)(AD)
2.15 **Sign Zone: The Future with Hannah Fry** (S)(R)(AD)
2.40 **Sign Zone: Who Do You Think You Are?** Amy Dowden. (S)(R)(AD)
3.40 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **James Martin's French Adventure** Jura. (S)(R)(AD)
6.25 FILM **Goldfinger** James Bond adventure starring Sean Connery and Honor Blackman. (S)(AD) (1964, PG, 120min) ★★★★★
8.25 **Ainsley's Fantastic Flavours** New edition Classic recipes. (S)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** With Celia Imrie. (S)(R)
11.30 **Prue Leith's Cotswold Kitchen** With guest Patrick Grant. (S)(R)
12.30 PM **ITV News** (S)
12.45 **Dermot's Taste of Ireland** Series finale From Co Sligo. (S)
1.10 **Midsomer Murders** (S)(R)(AD)
3.10 FILM **Thunderball** James Bond adventure starring Sean Connery. (S)(AD) (1965, PG, 150min) ★★★★
5.40 **ITV News** (S)

• *Alternative schedule* If ITV1 show this evening's World Cup match, the schedule will be: **7.15-10.35pm LIVE Football: World Cup** Group A runner-up v Group B runner-up: Coverage of the opening round-of-32 match from Los Angeles Stadium. Kick-off is at 8.00. (S) **10.55pm-12.10am DNA Journey** (S)(R)(AD)

6.00 **ITV News** (S)
6.10 **The Chase** Bradley Walsh presents the quiz show, with contestants from Ormskirk, Leicester, Bicester and Nottingham. (S)(R)

7.15 FILM **Downton Abbey: A New Era** Period drama spin-off starring Hugh Bonneville, Jim Carter, Michelle Dockery, Elizabeth McGovern and Maggie Smith. The Crawley family embark on a journey to the south of France to uncover the mystery of the dowager countess's newly inherited villa. (S)(AD) (2022, PG, 145min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

9.40 **Long Lost Family** Davina McCall and Nicky Campbell present the series that aims to help people reunite with long-lost relatives with investigators picking up the search when the trail has gone cold. (S)(R)

10.35 **ITV News** (S)
10.50 **DNA Journey** Comedians Rob Beckett and Romesh Ranganathan embark on a road trip to find out about their respective family histories using a mix of DNA and genealogy. (S)(R)(AD)

12.10 AM **Teleshopping**
3.00 **Motorsport UK** Richard John Neill presents the latest action from Brands Hatch, featuring the Wera Tools F4 British Championship and the Mini Challenge. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Wheel of Fortune** Game show. (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

5.55 AM **The King of Queens** (S)(R)(AD)
7.10 **Everybody Loves Raymond** (S)(R)
8.30 **Frasier** 22-24/24. (S9) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With Charley Marlowe, Phil Wang, Sally Phillips and Leslie Odom Jr. Plus, music from Dry Cleaning. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
1.55 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
4.25 **Kirstie and Phil's Love It or List It: Brilliant Builds** Kirstie and Phil look at the best ways to make a budget stretch. (S)(R)(AD)
5.00 **George Clarke's Amazing Spaces** The architect meets a former circus chef and his pregnant partner, who are planning to turn two lorries into a travelling home and restaurant before their baby is born. (S)(R)(AD)

9.00 Free Nelson Mandela

6.00 **News** (S)
6.30 **F1: Austrian Grand Prix Highlights** Steve Jones presents action from the eighth round of the season, held at Red Bull Ring in Spielberg. Lewis Hamilton will be hoping to continue his recent resurgence at Ferrari after his victory at the previous race in Barcelona. Analysis from David Coulthard, Mark Webber and Ariana Bravo. (S)

9.00 **Free Nelson Mandela** Series finale 3/3. An anti-apartheid concert at Wembley is watched by 600 million people around the world, putting pressure on the regime to have Mandela released. (S)(AD)

10.00 **Celebrity Gogglebox** Famous faces offer their views on recent TV shows. (S)(R)(AD)

11.00 NEW **Taylor: A Story of Love** Documentary about musician Taylor Swift's engagement to NFL star Travis Kelce. (S)(AD)
12.05 AM FILM **Monster Hunter** Fantasy adventure starring Milla Jovovich. (S)(AD) (2020, 12, 100min) ★★★
1.45 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
2.35 **Jamie's One-Pan Wonders** (S)(R)
3.05 **Dover 24/7: Britain's Busiest Port** Documentary. (S)(SL)(R)(AD)
4.00 **Grand Designs** (S)(SL)(R)(AD)
4.55 **The Simpsons** (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.00 **Entertainment News** (S)
9.10 **Cruising with Jane McDonald** Highlights from Miami. (S)(R)
9.25 **Happy Campers: The Caravan Park** Double bill. (S)(R)
11.10 **Cruising with Susan Calman** Double bill of editions. (S)(R)
1.05 PM **Inside the Tower of London** Double bill. (S)(R)
3.05 **Paris to Rome with Bettany Hughes** Bettany travels through France and Italy. (S)(R)(AD) **4.05** The historian encounters the stunning beauty of Venice's canals. (S)(R)(AD)
5.00 **Elizabeth: 10 Years That Changed the Royals** Queen Elizabeth II's approach to her public appearances from the 1970s onwards. (S)(R)

10.00 The Butchers of LA

6.25 **News** (S)
6.30 **70s TV We Loved & Lost** Three modern families take a trip back in time to enjoy a night of prime-time TV from the 1970s, to discover what people watched, how they watched it and what it says about the different eras. (S)(R)

8.00 **Dogs Behaving (Very) Badly** Graeme Hall meets jealous Frenchie Bingo, who is working hard to stop owner Alan from making progress with his love life. (S)(R)

9.00 **Rich House, Poor House** Businesswoman Lisa and her friend Alisa swap lives for a week with Holly and Innocent, who have two children and a single income. (S)(R)

10.00 NEW SERIES **The Butchers of LA** 1/3. The crimes of three serial killers in California from the 1960s to the 1980s. (S)

11.05 **The Butchers of LA** New edition 2/3. The police realise another predator is on the loose. (S) **12.00** M'T Series finale 3/3. The crimes of Randy Kraft. (S)
1.00 AM **Teleshopping** (S)(R)
2.30 **Sports Direct: Secrets of the Mega Sports Factory** (S)(R)
3.20 **Friends** (S1) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **S.W.A.T.** (S5) (S)(R)(AD)
9.00 **F1: Austrian Grand Prix Qualifying Session Highlights** The battle for grid positions at Red Bull Ring in Spielberg. (R)
11.00 **Great Barrier Reef with David Attenborough** Triple bill. (S)(R)
2.00 PM **The Simpsons** Four episodes, including at: **3.00** *Saturdays of Thunder:* Homer resolves to become a better parent. (S)(R) **3.30** *Flaming Moe's:* Homer invents a new drink. (S)(R)
4.00 **Best Medicine** 4/13. Port Wenn's popular wilderness survival instructor, Blaze, disappears. (S1) (S)(R)
5.00 **F1: Austrian Grand Prix Highlights** Action from the eighth round of the season.

6.00 La Brea

6.00 **La Brea** *Father and Son:* 9/10. When a revelation puts Josh and Izzy's lives on the line, Eve and the other survivors search for the boy who holds the key to saving them. (S)(R)

7.00 **La Brea** *Topanga:* 10/10. With news of one last sinkhole opening, Gavin, Izzy and Dr Nathan race to Seattle to launch a final rescue effort before it is too late. (S1) (S)(R)

8.00 FILM **Mean Girls** Musical adaptation of the 2004 cult teen comedy, starring Angourie Rice, Renee Rapp, Auli'i Cravalho, and Tina Fey, who also wrote the screenplay. Teenager Cady Heron is a hit with a school clique when she makes the mistake of falling for Aaron Samuels. (S) (2023, 12, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.00 FILM **Olympus Has Fallen** Action thriller starring Gerard Butler. A disgraced secret service agent strives to foil North Korean guerrillas who have seized control of the White House and taken the president hostage. (S) (2011, 15, 135min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.15 AM **Evil** 6/10. The team look into a viral social app that is terrorising a family. (S3) (S)(R)
1.15 **The Force: North East** Police hunt for a man wanted for domestic violence. (S)(R) **2.10** A suspected drink driver passes a breathalyser test. (S)(R)
3.05 **Road Wars** (S)(R)
5.00 **to 6.00** AM **Highway Patrol**

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **12.30-1.00pm** Landward (S)(R)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.00-10.30am Sunday Politics Northern Ireland (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.00-10.30am Politics Wales (S) **2.15pm** The Americas (S)(R)(AD) **3.45** FILM Roald Dahl's Matilda the Musical (S)(AD) (2022, PG, 110min) ★★★★ **5.35-6.05pm** Wales' Home of the Year (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
9.00pm NEW SERIES Declaration (S) **10.00** Mortimer & Whitehouse: Gone Fishing (S)(R)(AD) **10.30** Sunday Politics Northern Ireland (S) **11.00** Live at the Apollo (S)(R) **11.45-11.55pm** Barra on the Foyle (S)(R)

WALES
Sky 968, Freesat 968
8.00pm Weatherman Walking: The Welsh Coast (S)(R) **8.30-9.00pm** The Wonder of Animals (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Y Fets (AD) **10.00** Gwesty Aduniad **11.00** Garddio a Mwy **11.30** Gerddi Cymru **12.00noon** Rali'o+ **1.30pm** Y Sioe Fwyd **2.00** Dylan ar Daith **3.00** Busnes Bwyd **4.00** Am Dro! **5.05** Nol o'r Dibyn gyda Iolo Williams (AD) **5.35** Gwlad Moc (AD) **6.05** Ffermio **6.40** Pobol y Cwm Omnibws (AD) **7.45** Newyddion a'r Tywydd **8.00** Y Wal (AD) **9.00** Marw Gyda Kris **10.00** Chris a'r Afal Mawr (AD) **11.00-11.35pm** Cymoedd Roy Noble

TV&Streaming week Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Matters are tense between Honey and Billy after their failed date. **7.30** Linda's salsa class is derailed by a drunken visitor, but Callum steps in to help. **8.00** The pressure mounts for Eve and Suki on the day of their adoption hearing. **8.30** Eve and Suki's moment of happiness is short lived.
9.00 FILM **Challengers** Drama with Zendaya, Josh O'Connor and Mike Faist. A grand slam tennis champion on a losing streak agrees to play a low-ranked event and stands across the net from his wife's former lover. (2023, 15, 131min) ★★★★

11.05 **I Kissed a Girl** Dannii Minogue returns with the all-female dating show. **11.55** The arrival of three new girls sets hearts racing.
12.50 AM **OnlyFans: Inside the Machine** Documentary.
1.50 **Glow Up: Britain's Next Make-Up Star** Double bill.
3.50 **to 4.00** AM **World Cup 2022**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Dolly: The Sheep That Changed the World** The story of the first mammal to be cloned.
8.00 **The Great American Songbook with Samara Joy** A BBC Proms concert in which the American jazz singer and her octet join the BBC Concert Orchestra and conductor Miho Hazama to perform classic songs and musical standards.
10.10 **Music 625: Stravinsky Conducts Stravinsky** A 1965 concert in which Igor Stravinsky conducts the New Philharmonia Orchestra in his works *Variations in Memory of Aldous Huxley* and *The Firebird Suite*.

11.15 **How to Build a Cathedral** Architectural historian Jon Cannon explores how cathedrals were constructed.
12.15 AM **Dolly: The Sheep That Changed the World**
1.15 **The Coffee Trail with Simon Reeve** Documentary.
2.15 **to 3.10** AM **How to Build a Cathedral**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun**
3.50 PM **Come Dine with Me** Katie hosts the first dinner party in Bolton and serves up some local favourites. **4.20** Hairdresser and salon owner Shane plays host. **4.50** Influencer and model Thandie serves an exotic menu on the third night. **5.20** HR manager Jay keeps things simple on the fourth night in Bolton. **5.50** Financial advisor Louis hosts the fifth and final dinner party from Bolton.
6.20 **Four in a Bed** The competition begins at The Firs in Perthshire. **6.55** The second visit of the week is to The National Hotel in Ross-Shire. **7.25** From the Black Bull Inn in Dumfries and Galloway. **7.55** The final visit of the week is to Braeview Glamping in Berwickshire. **8.25** Payment Day arrives.
9.00 **The Emergency Ward** Dr Dunne and Dr Papson need answers for one of the sickest patients they've seen.
10.05 **24 Hours in A&E** Doctors treat a 75-year-old man suffering a stroke.

11.05 **24 Hours in A&E** A medical student has an abnormal growth on her femur.
12.10 AM **The Emergency Ward**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **The Perfect Pitch**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.15 **Modern Family**
8.40 FILM **PAW Patrol: The Movie** Animated adventure. (2021, U, 86min) ★★★
10.20 **Ramsay's 24 Hours to Hell and Back** Triple bill.
1.20 PM **Ramsay's Hotel Hell**
2.20 **The Simpsons**
4.55 **The Great Australian Bake Off** New edition In Biscuit Week, the remaining bakers make jammy linzers, mocha mochi cookies and moving biscuit vehicles.
6.05 FILM **Cloudy with a Chance of Meatballs** Animated comedy featuring the voice of Bill Hader. A young inventor creates a machine that turns rainfall into food, but his invention quickly runs out of control. (2009, U, 90min) ★★★★
8.00 FILM **Notting Hill** Romantic comedy starring Julia Roberts and Hugh Grant. A divorced Notting Hill bookshop owner hesitantly woos a Hollywood star. With Rhys Ifans. (1999, 15, 120min) ★★★★
10.25 **First Dates** A 71-year-old beekeeper is looking for a man with a naughty side.

11.25 **Gogglebox**
12.30 AM **Naked Attraction's Best Naughty Bits**
1.35 **The Goldbergs**
4.30 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

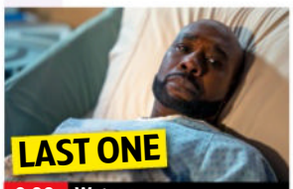
SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Caught Red Handed**
8.00 **A1: Britain's Longest Road**
9.00 **Send in the Dogs**
10.00 **Stop, Search, Seize**
11.00 **Border Patrol**
12.00 NOON **Border Security USA** A routine drug search turns into a race to save a man's life.
1.00 PM **Stop, Search, Seize** Documentary following the work of Ireland's border force.
2.00 **Nothing to Declare** Ten editions of the documentary series following the work of customs officers in Australia.



9.00 Watson

7 PM
7.00 **Nothing to Declare** Customs officials arrest a heroin smuggler. **7.30** A man tries to hide bark and duck eggs.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Watson** Series finale *The Cobalt Fissure:* 20/20. A figure from John and Sherlock's past turns up out of the blue. (S2)

10 PM
10.00 **Blue Bloods** *Ghosted:* 3/21. Danny and Baez investigate after their friend is hospitalised. (S13)
11.00 **Law & Order: Criminal Intent**
12.00 M'T **FBI** 7/22. (S7)
1.00 AM **The Good Doctor** (S6)
2.00 **Law & Order: Special Victims Unit** New episode 6/21. (S27)
3.00 **Brit Cops: Frontline Crime UK** Documentary series.
4.00 **A1: Britain's Longest Road**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Billions** 8/12. (S3)
9.00 **Gomorrah** 7-12/12. (S1)
3.00 PM **The White Lotus** 6/7. Lucia helps the Di Grassos search for long-lost relatives. **4.05** 7/7. Albie asks Dominic to help Lucia, and Tanya grows wary of Quentin. (S2) **5.35** 1/8. New guests arrive at the Thailand resort. **6.40** 2/8. Kate and Jaclyn discuss Laurie's divorce while Timothy gets bad news. (S3)

3.00 The White Lotus

7.45 **The White Lotus** *The Meaning of Dreams:* 3/8. Saxon gets work calls, so Timothy enforces a no-phone rule, and Chelsea faces danger after going to town with Rick. (S3)

9.00 **House of the Dragon** 1/8. *Game of Thrones* prequel starring Matt Smith and Emma D'Arcy. (S3)

10.15 **Task** *Nobody's Stronger Than Forgiveness:* 3/7. Aleah and Lizzie question Peaches' former co-workers. (S1)
11.20 **The Fear Index** 4/4. (S1)
12.10 AM **Under Salt Marsh** (S1)
1.05 **Deadwood** 5/12. Alma reverts to her old ways. (S3)
2.00 **House of the Dragon** New episode 2/8. (S3)
3.15 **Billions** 2/12. (S1)
4.15 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Deal or No Deal**
6.55 **Backyard Builds**
7.55 **Dress to Impress**
8.55 **Celebrity Dinner Date**
10.55 **Deal or No Deal**
2.05 PM **Celebrity Catchphrase**
3.05 FILM **Madagascar: Escape 2 Africa** Animated adventure sequel featuring the voices of Ben Stiller and Chris Rock. (2008, PG, 89min) ★★★
4.50 FILM **Ice Age: Continental Drift** Animated comedy sequel with the voice of Ray Romano. (2012, U, 84min) ★★

6.40 Pitch Perfect 2

6.40 FILM **Pitch Perfect 2** Comedy sequel starring Anna Kendrick and Rebel Wilson. The Barden Bellas try to recover from a disastrous performance by winning the World Championships of A Cappella in Copenhagen. (2015, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Love Island** New edition Reality show in which singletons compete in the hope of finding love and winning £50,000.

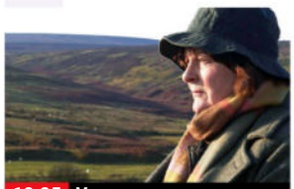
10.00 **Love Island: Aftersun** New edition Companion programme to the dating show, featuring the latest gossip from the villa.
11.05 **Family Guy** 19/22. Lois meets one of her former boyfriends. **11.35** 13/22. Comedy. (S3)
12.05 AM **American Dad!** (S3&2)
1.05 **Plebs** 3/6. (S1)
1.35 **Transaction** 3/6. (S1)
2.00 **Piglets** 6/6. (S1)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
6.35 **Wycliffe** Double bill.
8.50 **Agatha Christie's Poirot**
12.05 PM **Agatha Christie's Marple**
2.05 **Endeavour** *Terminus:* The team investigate the violent and peculiar murder of an Oxford college don.
4.05 **Midsomer Murders** *A Worm in the Bud:* The suicide of a farmer's wife puts Barnaby on the scent of an ancient feud. **6.05** *Ring Out Your Dead:* A killer strikes a team of bell-ringers in Midsomer Wellow.


10.05 Vera

Midsomer Murders (started at 6.05pm)

8.05 **Midsomer Murders** *Murder on St Malley's Day:* The murder of a pupil at a prestigious local school leaves Barnaby trying to deduce whether the boy's death is linked to his membership of an elite club dedicated to dining on suet puddings.

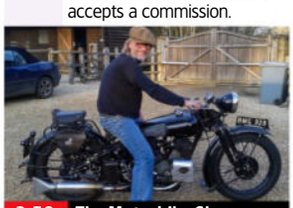
10.05 **Vera** *Castles in the Air:* The detective investigates the murder of a young physiotherapist at a luxury country retreat.
11.55 **The Lady** 3/4. Cracks appear in Jane's relationship and a toxic pattern starts to emerge. **12.55** AM 4/4. Jane finds herself at the centre of a police investigation. (S1)
1.55 **George and Mildred**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Snooker v Darts**
6.15 **The Protectors**
6.45 **Motorsport Mundial**
7.15 **Auto Mundial**
7.45 **The Big Match Revisited**
8.50 **Ninja Warrior UK**
9.50 **Cadfael**
11.30 **The Adventures of Sherlock Holmes** Double bill.
1.40 PM **The Return of Sherlock Holmes** Mystery drama.
2.50 **The Motorbike Show**
4.50 **Hornblower** *The Frogs and the Lobsters:* The lieutenant accepts a commission.


2.50 The Motorbike Show

7.00 **Hornblower** *Mutiny:* 1/2. Drama starring Ioan Gruffudd. CS Forester's seafaring hero saves the HMS *Renown* from seemingly certain disaster, but ends up charged with mutiny.

9.00 FILM **Shaun of the Dead** Horror comedy starring Simon Pegg, Kate Ashfield, Nick Frost and Lucy Davis. A jaded shop assistant sets out to save his family and friends when north London is invaded by zombies. (2004, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 **Wrestling: AEW Dynamite** Hard-hitting wrestling action.
1.00 AM **Star Trek: Strange New Worlds** New episode 3/10. The USS *Enterprise* encounters a contagion. (S1)
1.55 **Lost** 3/24. (S2)
2.45 **to 3.30** AM **Unwind with ITV**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

11.00 AM **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **The Repair Shop on the Road** Restoring a mechanical cat at the Eden Project, Cornwall.
8.00 **Island Crossings** 1/8. Documentary following ferry operators Caledonian MacBrayne.
9.00 NEW SERIES **Paramedics on Scene** 1/10. A patient becomes violent, forcing crewmates Gregg and Bernadette to shelter in their ambulance.
10.00 **Still Game** 4/6. Victor must decipher an answerphone message from his son. (S1)
10.30 **Scot Squad** 2/5. Singh and McKirdy turn firefighters to extinguish a dangerous inferno. (S3)
11.00 PM **to 12.00** M'T **The Troops** 1/3. Following Scottish soldiers across the world.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S4)
10.30 **Sort Of** 3&4/8. (S1)
11.30 **The Rehearsal** (S1)
1.30 PM **Community** (S3)
4.00 **Will & Grace** (S11)
6.30 **The Office (US)** 5/22. Michael is ordered to fire one employee. **7.00** 6/22. Dwight embarrasses Michael. **7.30** 7/22. Michael and Jan try to woo a potential new client. **8.00** 8/22. Michael gives the staff a performance evaluation. **8.30** 9/22. Michael starts monitoring e-mails sent from the office. (S2)
9.00 **Micky Flanagan: An' Another Fing Live** Stand-up performance at London's O2 Arena.
10.40 **Maisie Adam: Appraisal** A stand-up show at Harrogate Theatre.
12.00 M'T **Nikki Glaser: Good Clean Filth** Stand-up.
1.15 AM **Upright** 5-8/8. (S1)
3.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **La Traviata**
8.10 **Tales of the Unexpected**
10.40 **Alfred Hitchcock Hour**
12.40 PM **Discovering Westerns on Film**
2.10 **Elvis Presley: Aloha from Hawaii**
3.50 **Marillion: All One Tonight** From 2017.
5.35 **Queen: Live at Wembley Stadium** A 1986 performance.
8.00 FILM **Flash Gordon** Sci-fi adventure starring Sam J Jones. (1980, PG, 115min) ★★★
10.10 **Opry Live: Country's Greatest Songs** Marking the 100th birthday of the Grand Ole Opry.
11.10 **Isle of Wight Festival**
1.10 AM **Liam Gallagher Live: Knebworth 22**
2.45 **Liam Gallagher: Knebworth 22**
4.35 **Discovering**
5.00 **to 6.00** AM **Classic Albums**

Sky Mix

151 158 156 11 141 23

6.00 AM **Border Patrol**
7.00 **Nothing to Declare**
9.00 **UK Border Force**
10.00 **Nothing to Declare**
12.00 NOON **Caught on Dashcam** Double bill.
2.00 PM FILM **An Unexpected Valentine** Comedy. (2025, PG) ★★
4.00 **Ocean Parks**
5.00 **Super Shark Highway**
6.00 **Secrets of the Enchanted Waters**
7.00 **Caught Red Handed**
9.00 **Joe Lycett's United States of Birmingham** 1/4. The comedian visits cities in the US and Canada with the same name as his home town.
10.00 FILM **Black Site** Action thriller starring Michelle Monaghan, Jai Courtney and Jason Clarke. (2022, 15, 93min) ★★
12.00 M'T **Caught on Dashcam**
1.00 AM **Killer in My Village**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Catchphrase** With Stephen Mangan, Kemi Rodgers and Tom Allen.
2.00 **Tenable** Quiz show.
3.00 **The Celebrity Chase**
4.00 **Riddiculous** Quiz show.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the word-based quiz show.
8.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Guz Khan, Angela Scanlon and Joel Corry.
9.00 **The Celebrity Chase** Celebrity version of the quiz show hosted by Bradley Walsh.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.45 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** In Wiltshire and the West Midlands.
3.00 **Kirstie and Phil's Love It or List It**
4.00 **A Place in the Sun**
7.00 FILM **Ticket to Paradise** Romantic comedy starring George Clooney and Julia Roberts. (2022, 12, 104min) ★★★
9.00 **Celebrity Gogglebox** A cast of famous faces give their thoughts on recent TV shows.
10.00 FILM **Hustlers** Comedy crime drama starring Jennifer Lopez and Constance Wu. (2019, 15, 110min) ★★★★
12.05 AM **24 Hours in Police Custody – Sudden Death: Think Murder** Officers investigate a suspicious sudden death.
1.05 **Murdered: The Baby on the Beach**
4.00 **to 5.00** AM **Celebrity Gogglebox**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Stargate SG-1** Five episodes of the series, including at: **3.00** PM 17/22. Foreign ambassadors learn of the Stargate programme. (S6)
4.00 **Stargate Atlantis** 14/20. McKay is trapped underwater in a sinking Puddle Jumper. **5.00** 15/20. Sheppard gets caught up in a bitter feud. **6.00** 16/20. Alien entities take control of Weir and Sheppard's bodies. (S2)

10.00 Small Town, Big Story

7.00 **Stargate Atlantis** *Coup d'Etat:* 17/20. Sheppard and the team investigate the disappearance of an expedition from Atlantis.
8.00 **Stargate Atlantis** *Michael:* 18/20. A soldier awakes in Atlantis with no memory of his past or identity. (S2)
9.00 **The Baby** 7/8. Mrs Eaves sets off in pursuit of Jack. **9.30** 8/8. Natasha decides to give the baby exactly what he is after. (S1)
10.00 **Small Town, Big Story** *The White Ridge:* 1/6. Comedy drama starring Christina Hendricks and Paddy Considine. (S1)
10.50 **Grimm** 13/22. Nick joins forces with an old enemy. **11.40** 14/22. Nick comes to terms with Juliette's revelation. **12.30** AM 15/22. Monroe goes undercover. (S4)
1.20 **The Walking Dead** (S5)
3.20 FILM **DC Down** Thriller. (2023, 15, 82min) ★★
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S15)
10.00 **Death in Paradise** (S4)
12.00 NOON **Father Brown**
4.00 PM **Shakespeare & Hathaway: Private Investigators** 7/10. DS Keeler becomes Frank and Lu's most unlikely and reluctant client. **5.00** 8/10. Lu and Frank are hired by a local TV shopping studio, but events soon take a deadly turn live on air. (S5)
6.00 **Death in Paradise** 5/8. A rock singer is electrocuted in a swimming pool. (S4)

8.00 Hudson & Rex

7.00 **Allegiance** *Daddy Issues:* 4/10. Sabrina and Zak investigate when a billionaire is found dead in the bath. (S2)
8.00 **Hudson & Rex** Series finale *Bird's Eye View:* 8/8. A ruby from an old heist is found near a dead landowner. (S8)
9.00 **Death in Paradise** *The Perfect Murder:* 6/8. A volleyball player is murdered. Guest stars Joe Absolom. (S4)
10.00 **Father Brown** *The Chedworth Cyclone:* Suspicious circumstances surround the death of a local boxer.
11.00 **Shakespeare & Hathaway: Private Investigators** (S5)
1.00 AM **Murdoch Mysteries** 7/24. When an inmate is killed at a women's reformatory, Murdoch sends Ogden undercover. (S15)
2.00 **Murdoch Mysteries** (S15)
2.55 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Only Fools and Horses**
12.35 PM **Only Fools and Horses** Eight episodes, including at: **2.00** Christmas special of the sitcom from 1989. The Trotters go on a day trip to Margate. **3.55** The Trotters get caught up in an attempted robbery. **4.35** Uncle Albert has a nasty fall into the pub cellar. **5.15** A weeping statue in the local church gives Del an idea for a money-making scheme. **5.55** Del Boy and Rodney mourn Grandad's death. **6.35** Del meets an old flame.

8.00 Dad's Army

7.15 **Only Fools and Horses** The Trotters meet a pregnant German woman who is in need of help.
8.00 **Dad's Army** The platoon encounter a steam engine problem.
8.40 **Red Dwarf** Lister is impregnated with a potentially fatal virus. **9.20** The crew search for nanobots in a laundry hamper to restore Lister to his pre-viral state.
10.00 **Red Dwarf** The nanobots recreate *Red Dwarf* and populate the ship with the original crew members. **10.35** Rimmer is invited to dinner by the captain.
11.10 **Bottom** Eddie hatches a get-rich-quick scheme.
11.50 **Bottom: Exposed**
1.50 AM **Bottom**
2.20 **Inside No 9**
2.55 **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **James May's Cars of the People** The rise in popularity of Japanese and German cars.
8.00 **Storage Hunters UK**
9.00 **Top Gear** Double bill.
11.00 **Motorhoming with Merton & Webster** Double bill.
1.00 PM **Mortimer & Whitehouse: Gone Fishing** Double bill.
2.20 **Mortimer & Whitehouse: Gone Christmas Fishing**
3.40 **Mortimer & Whitehouse: Gone Fishing** Double bill.
5.00 **Simon Reeve's South America**
6.00 **Cornwall with Simon Reeve**

7.00 Border Force: America's...

7.00 **Border Force: America's Gatekeepers** New edition Officers discover a gun and ammunition on a bus.
8.00 **Special Ops: Crime Squad UK** The NCA tackle organised online romance fraud and a people-smuggling ring.
9.00 **Have I Got a Bit More News for You** Mel Giedroyc hosts the quiz, with guests Kirsty Wark and Chris McCausland.
10.00 **QI** With guest panellists Vic Reeves, Mark Steel and Roger McGough.
10.40 **Mock the Week** With Jen Brister and Laura Lexx.
11.20 **Mock the Week**
12.00 M'T **Live at the Apollo**
1.00 AM **Live at the Apollo Christmas Special** Festive special with Tom Allen.
2.00 **QI XL** With Julia Zemiro.
3.00 **to 4.00** AM **James May's Cars of the People**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.10 AM **The Bill**
11.50 **Call the Midwife**
2.30 PM **Catherine Cookson's The Moth** Feature-length drama about a carpenter who finds himself forced to seek employment with a beguiling woman known as The Moth. Stars Jack Davenport.
5.50 **Home Fires** 6/6. Alison looks for a way out of her desperate situation, Frances tries to help Pat, while Richard and Laura seem unable to keep their affair a secret any longer. (S1)

6.50 Hetty Wainthrop...

6.50 **Hetty Wainthropp Investigates** *Poison Pen:* The detectives are swamped with work after their recent success.
8.00 **Sister Boniface Mysteries** *St George's Defence:* 5/12. Sister Boniface looks into suspicions of espionage at a chess tournament. (S2)
9.00 **Silent Witness** *Two Spirits:* Nikki and the Lyell unit are called to investigate an attack against a transgender man. When two further attacks are reported, one leaving a witness, it looks like the team are facing an outbreak of violence.
11.15 **New Tricks** *Romans Ruined:* The discovery of a Roman sword leads the team to a headless corpse.
12.35 AM **Call the Midwife**
1.55 **The Boy That Never Was**
3.00 **to 4.00** AM **Sister Boniface Mysteries**

+1 hour 243 316 60 260

7 PM · **8 PM** · **9 PM** · **10 PM**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S4)
12.00 NOON **Columbo** Five episodes, including at: **6.00** PM *Columbo: Identity Crisis:* The detective investigates a wily CIA operative who has murdered one of his fellow spies to disguise his own treachery. **8.00** *Sex and the Married Detective:* A therapist murders her lover and frames her assistant for the crime.
10.00 **Law & Order: Special Victims Unit** *Branded:* 6/24. A businessman is found tied up, stripped and branded. **11.00** *Trophy:* 7/24. A body is found at an industrial laundry. (S12)
12.00 M'T **Law & Order: Special Victims Unit**
1.50 AM **Bull** 10&12/20. (S4)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S7)
12.00 NOON **Dirty Home Rescue** Documentary.
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions, including at: **8.00** Paul engages in a high-speed pursuit through the streets of Stockton-on-Tees.
9.00 **Trauma Room One** Documentary centring on Liverpool's Walton Centre for neurology and neurosurgery.
10.00 **Ambulance: Code Red** A man severely burned by a gas explosion. **11.00** Paramedics help a handyman who has fallen from a ladder.
12.00 M'T **A&E After Dark**
1.00 AM **#Text Me When You Get Home**
1.55 **Skin A&E**
2.45 **GPs: Behind Closed Doors** Medical series.
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.05 **Trucking Hell**
11.05 **Outback Truckers**
1.05 PM **Outback Truckers**
4.05 FILM **Red River** Western starring John Wayne, Montgomery Clift and Joanne Dru. (1948, b/w, U, 133min) ★★★★★
6.50 FILM **Cahill: United States Marshal** Western starring John Wayne as a marshal who discovers that his two wild sons are involved in a bank robbery. (1973, 15, 98min) ★★★
9.00 **Ben Fogle & the Lost City** Ben explores an off-grid, alternative lifestyle community.
10.35 **Cops** Documentary.
11.00 **999: Criminals: Caught on Camera**
2.00 AM **Cops 'n' Robbers: Caught on Camera**
3.00 **999: Criminals Caught on Camera**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.20 AM **My Family**
10.00 **Tipping Point**
1.00 PM **The Supervet**
2.00 **The Supervet: Noel Fitzpatrick**
6.00 **Inside the Ambulance** Paramedics treat a pensioner with a head injury and a two-year-old who's had a seizure. **7.00** The crew attend a boy with pneumonia and a woman with breathing problems.
8.00 **Inside the Operating Theatre** A three-year-old boy needs an operation on his tongue. **9.00** A patient has keyhole surgery to repair his hernia.
10.00 **The Catherine Tate Show** Triple bill.
12.00 M'T **Stacey Dooley Sleeps Over USA**
1.00 **to 3.00** AM **Death at the Mansion: Rebecca Zahau**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Secrets of the Transport Museum**
8.00 **Great American Railroad Journeys**
11.00 **Canal Boat Diaries**
2.00 PM **Locomotion: Dan Snow's History of Railways** Triple bill.
6.00 **Canal Boat Diaries** Robbie's narrowboat gets stuck under a low bridge on the Basingstoke Canal. **7.00** Robbie gets caught in a storm and falls off his narrowboat.
8.00 **Some Mothers Do 'Ave 'Em** Triple bill.
10.00 **Bangers & Cash** Derek head to Scotland to collect a 'special' Bentley. **11.00** Paul and Charlie collect a Lotus Super 7. **12.00** M'T Paul and daughter Kate collect a Series 1 Land Rover.
1.00 **to 3.00** AM **Classic Car Garage**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** North Yorkshire.
7.00 **Teleshopping**
8.00 **Fantasy Homes by the Sea** Double bill.
10.00 **Derelict Rescue**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Double bill.
5.00 **A Place in the Sun**
9.00 **Long Lost Family** A woman tries to fulfil her mother's dying wish of reuniting her brother with his birth family.
10.00 **Rich House, Poor House** Marina and Przemek, who have £1,300 spare each month, swap homes with Jade and Dean, who have a weekly budget of £145.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **My Lottery Dream Home**

+1 hour 242 365

Great! TV

157 167 170 34 32

8.00 AM **A Fine Romance**
8.30 **The Waltons** (S2)
1.30 PM **The Waltons** (S2)
6.40 FILM **Romancing the Stone** Romantic adventure starring Michael Douglas, Kathleen Turner and Danny DeVito. After her sister is kidnapped, a novelist meets an intrepid adventurer. (1984, 12, 105min) ★★★★
9.00 **The Ruth Rendell Mysteries** *The Lake of Darkness:* A lottery winner's life is thrown into turmoil. Stars Jerome Flynn, Sadie Frost, Nick Reding and Liz Smith.
11.10 FILM **Bless This House** Comedy spin-off. (1972, U, 89min) ★★
1.05 AM **Man About the House** 1&2/6. (S4)
2.05 **Air Rescue** Double bill.
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **Wanted: Dead or Alive** Triple bill.
10.40 FILM **Wrangler** Western. (1989, 12, 92min) ★★
12.40 PM FILM **Destry Rides Again** Vintage comedy western. (1939, b/w, PG, 94min) ★★★★★
2.40 FILM **The Train** Wartime adventure. (1964, b/w, PG, 127min) ★★★★
5.30 FILM **Chinese Zodiac** Action adventure sequel. (2012, 12, 118min) ★★
7.50 FILM **Broken Arrow** Thriller with John Travolta. (1996, 15, 108min) ★★
10.10 FILM **The Commando** Crime thriller starring Michael Jai White. (2022, 15, 89min) ★★
12.15 AM **Dragon Ball Super**
1.15 **Coast Guard Alaska**
2.00 **Air Rescue**
2.30 FILM **Angel and the Badman** Western. (1947, b/w, U, 100min) ★★★
4.10 **to 6.00** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **Diagnosis Murder**
9.10 FILM **Mystery 101: Pilot** Drama with Jill Wagner. (2019, PG, 89min) ★★
11.00 **Murder, She Wrote** Ten episodes of the series.
9.00 PM FILM **The Gourmet Detective: Death Al Dente** Crime drama starring Dylan Neal. (2015, PG, 115min) ★★
10.55 FILM **A Gourmet Detective Mystery: Eat, Drink and Be Buried** Crime drama with Dylan Neal. Henry and Maggie investigate the death of a member of a rich family. (2017, PG, 83min) ★★
12.50 AM FILM **My Stepfather's Secret** Thriller with Paris Smith. (2019, 12, 84min) ★★
2.30 FILM **Framed By My Sister** Crime thriller. (2021, 12, 85min) ★★
4.00 **to 5.00** AM **Sue Thomas: F.B.Eye**

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM FILM **The Perfect Christmas Village** Fantasy. (2018, PG) ★★
10.05 FILM **Laughing All the Way** (2023, PG) ★★
12.00 NOON FILM **Oh Christmas Tree!** Comedy. (2013, U, 87min) ★★
1.55 PM FILM **The Christmas Chalet** Romantic drama. (2019, PG, 90min) ★★
3.50 FILM **Christmas Next Door** Festive drama. (2017, U, 86min) ★★
5.45 FILM **Christmas on 5th Avenue** Drama. (2021, PG, 85min) ★★
7.40 FILM **The Mistletoe Promise** Festive drama. (2016, U, 84min) ★★
9.35 FILM **On the Twelfth Day of Christmas** Drama. (2015, PG, 90min) ★★
11.40 FILM **A Christmas Duet** Comedy. (2019, PG) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **The Christmas Chalet**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM FILM **Futtock's End** Silent comedy. (1970, 12, 47min) ★★
2.00 FILM **You Can't Win 'em All** Adventure. (1970, PG, 95min) ★★
4.00 **Sherlock Holmes at Victoria Falls** 1&2/2. Mystery thriller.
8.00 **Garden Rescue** The team create a wheelchair friendly Italian-style garden. **9.00** Chris Hull and Lee Burkhill redesign a garden in Oldbury.
10.00 FILM **Some Like It Sexy** Erotic comedy starring Christopher Matthews. (1969, 18, 65min) ★★
11.45 FILM **The Sex Thief** Adult comedy. (1973, 18, 93min) ★★
1.45 AM FILM **The Holcroft Covenant** Thriller. (1985, 15, 112min) ★
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 164 141

6.00 AM **Sherlock Holmes**
7.00 **Hank the Cowboy**
7.30 **Agony** 4&5/7. (S3)
8.30 **That's My Dog**
9.00 **Doctor at Large**
10.00 **Bubblegum & Cheese**
11.00 **Two's Company**
12.30 PM **Frankie's On**
1.00 **The Fenn Street Gang**
2.30 **Frederick Forsyth Presents: Death Has a Bad Reputation**
4.35 **Rewind & Remember**
4.45 **We Had One of Those**
4.55 **Rewind Time Machine**
5.00 **Agony** 4&5/7. (S3)
6.00 **Frankie's On**
6.30 **Doctor at Large** (S1)
7.30 **Only When I Laugh**
9.00 **Ain't Misbehavin'** (S1)
11.10 FILM **Sex Farm: Frustrated Wives** Comedy. (1974, 15) ★★
12.50 AM **Naughty!**
2.35 **Stereo Underground**
3.35 **The Day Pele Came to Town** Documentary.
4.00 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Chasing Classic Cars**
2.00 PM **Kindig Customs**
5.00 **Wheeler Dealers**
7.00 **Expedition Bigfoot** A shadowy figure gets too close for comfort. **8.00** A 3D scan discovers possible man-made structures.
9.00 **UFO Witness** An extra-terrestrial breeding program sends Ben in search of answers about alien-human hybrids. **10.00** Ben investigates a woman's claim that an extra-terrestrial visited her garden.
11.00 **Expedition X** The tragic history of Fort Morgan. **12.00** M'T Paranormal activity at Lake Superior. **1.00** AM Jess and Phil venture into the Ozarks.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food**
1.00 PM **James Martin's Islands to Highlands**
3.00 **The Great British Bake Off** Matt Lucas and Noel Fielding host a 1980s-themed edition of the baking contest. **4.30** Matt and Noel present Dessert Week. **6.00** Matt and Noel host a patisserie challenge for the semi-final. **7.30** Matt and Noel host the 2020 Grand Final.
9.00 **James Martin's Spanish Adventure** James is introduced to torrijas in Castile and Leon, and heads to a cattle farm producing steak.
10.00 **Man v Food** Double bill.
11.00 **James Martin's Great British Adventure**
1.00 **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

7.00 AM **Babylon 5** (S1)
10.00 FILM **Only the Valiant** Western drama. (1951, b/w, PG, 100min) ★★
11.00 **Babylon 5** 15/23. (S1)
12.00 NOON FILM **40 Days and Nights** Thriller. (2012, 15, 86min) ★
2.00 PM FILM **Between Heaven and Hell** Drama. (1956, PG, 94min) ★★
3.50 FILM **The Bridges at Toko-Ri** War drama. (1954, U, 99min) ★★★
5.50 FILM **Sahara** World War Two drama. (1943, b/w, PG, 97min) ★★★★
8.00 **The Twilight Zone** (S3)
9.00 FILM **Copycat** Thriller. (1995, 18, 123min) ★★
11.35 FILM **Maximum Risk** Thriller starring Jean-Claude Van Damme. (1996, 18, 101min) ★★
1.40 AM FILM **Speed Kills** Adventure. (2018, 15) ★★
3.30 **to 5.15** AM FILM **Hidden Agenda** Thriller. (2001, 18, 91min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **The Twilight Zone**
10.00 **The A-Team** (S1&2)
3.00 PM FILM **The Curse of the Werewolf** Horror. (1961, 12, 92min) ★★★
5.00 FILM **Geo-Disaster** Sci-fi action drama. (2017, 12, 90min) ★
7.00 FILM **Bermuda Tentacles** Thriller starring Linda Hamilton. (2014, 12, 86min) ★★
9.00 FILM **Virtuosity** Sci-fi thriller starring Denzel Washington, Kelly Lynch and Russell Crowe. (1995, 15, 103min) ★★★
11.10 FILM **American Siege** Thriller starring Bruce Willis and Rob Gough. (2021, 15, 91min) ★★
1.05 AM FILM **Virtuosity**
3.10 FILM **Meteor Moon** Sci-fi action adventure with Dominique Swain. (2020, PG, 80min) ★★
5.00 **to 6.00** AM **The Twilight Zone**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Hardcore Pawn**
8.20 **Outback Wreckers**
9.15 **Money for Nothing**
11.10 **Pawn Stars**
1.05 PM **Junk & Disorderly: Henry's Wreck-trospective** Triple bill.
4.05 **Storage Wars**
7.00 **History's Greatest Mysteries** Wealth plundered by Japan during World War Two. **8.00** The assassination of John F Kennedy.
9.00 **Mysteries Unearthed with Danny Trejo** The world's most significant discoveries.
10.00 **Medieval Murder Mysteries** The infamous Borgia family, which was devastated when favourite son Juan was murdered in 1497.
11.00 **What on Earth?**
1.00 AM **Strange Evidence**
3.00 **Discovered by Disaster**
4.00 **to 6.00** AM **Walking Through History**

5SELECT

153 166 138 46 133 30

9.00 AM **Volcano with Dara O Briain** Double bill.
11.00 **Wonders of the Moon with Dara O Briain**
12.00 NOON **All Creatures Great and Small** Five episodes, including at: **4.00** PM *All's Fair*. 5/7. James is appointed as attending vet at the Darrowby Show. (S1)
5.00 **The Madame Blanc Mysteries** 1&2/6. (S3)
7.00 **Heatwave: Summer of '76** The story of the 1976 drought.
8.30 **Heatwave: Surviving the Summer of '03** A look at the period of extreme heat that hit the UK in 2003.
10.00 **Billy Connolly: In His Own Words** A profile of the comedian and actor.
11.30 **Taggart** *Apocalypse*.
2.10 AM **Spain with Michael Portillo** From Murcia.
3.10 **to 4.00** AM **Nazi Megastructures**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Quiz show.
10.00 **Family Fortunes**
11.00 **Blockbusters**
12.00 NOON **Celebrity Catchphrase**
1.00 PM **Tenable**
2.00 **Bridge of Lies**
3.00 **The Chase** Double bill.
5.00 **The Chase Celebrity Special** Phil Tufnell, Jennie Bond, Laurence Llewelyn-Bowen and Ulrika Jonsson take part. **6.00** With Alex James, Ann Widdecombe, Sara Cox and Eamonn Holmes.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** With Una Healy, Mikey North, Carl Froch and Alison Hammond.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Six editions of the darts-based quiz.
2.00 AM **The Chase**
4.00 **The Chase Celebrity Special** Quiz show.
5.00 **to 6.00** AM **The Chase**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Young Sheldon**
10.00 **The Big Bang Theory**
8.00 PM **Georgie and Mandy's First Marriage** 1/22. First episode of the *Young Sheldon* spin-off starring Montana Jordan and Emily Osment. **8.30** 2/22. Georgie struggles to balance life, work and family. (S1)
9.00 **Mock the Week: Summer Specials** New edition Dara O Briain hosts the topical comedy show.
10.00 NEW **Unacceptable First Look** A sneak peek of the upcoming comedy panel show hosted by Ed Gamble.
10.15 **Mock the Week: Summer Specials**
12.15 AM **Zero Stars**
1.15 **Young Sheldon**
3.15 **My 600lb Life**
4.15 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **Friends**
1.00 PM **Friends**
7.00 **Mr Bean** Six episodes of the comedy, including at: **8.00** The bumbling hero visits the swimming pool. **8.30** The bungling buffoon goes shopping. **9.00** A trip to the dentist ends disastrously. **9.30** Rowan Atkinson's alter ego goes on holiday.
10.00 **Michael McIntyre: Live & Laughing** Stand-up.
11.20 **8 Out of 10 Cats Uncut**
1.00 AM **Whose Line Is It Anyway? USA**
1.30 **Jimmy Carr: Comedy Central Live** Stand-up
2.00 **Jack Dee Live at the Apollo** Stand-up show.
3.00 **Jack Whitehall: Comedy Central Live**
3.20 **Utopia** 5/8. (S5)
3.50 **Teachers** 17/20. (S3)
4.15 **to 5.00** AM **Stupid Central**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S6)
6.50 **Rosie Jones Tries to Help** With Harry Hill.
7.00 **Teleshopping**
9.00 **Most Ridiculous**
11.00 **Criminally Funny**
7.00 PM **Friends** 15/18. Joey's agent passes away. **7.30** 16/18. Rachel gets ready to leave for Paris. **8.00** 17&18/18. Last-ever episode. (S10) **9.00** 14/24. Chandler meets an old flame. (S1) **9.30** 1/24. First-ever episode of the comedy. **10.00** 2/24. Carol tells Ross about her plans for their baby. **10.30** 3/24. Monica shows off her new boyfriend. (S1)
11.00 **Friends** (S1)
2.00 AM **New Girl** (S4)
3.00 **The Daily Show**
4.25 **South Park**
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **The Kenny Everett Video Show**
8.25 FILM **George and Mildred** Comedy. (1980, PG, 93min) ★★
10.15 **Goodnight Sweetheart**
2.30 PM **Oh, Doctor Beeching!** (S1&2)
6.05 FILM **Bless This House** Comedy spin-off. (1972, U, 89min) ★★
7.55 **Minder** 7/13. (S8)
9.00 **Benidorm** 1/7. The gang return for a goodwill stay at the Solana. (S3)
9.55 **Shameless** 8/11. Frank files a lawsuit. (S2)
10.55 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 1/7. (S3)
12.55 AM **Minder** 3/13. (S2)
2.00 **Duty Free** 5/7. (S2)
2.25 **Man About the House**
2.45 **The Kenny Everett Video Show**
3.05 **That's 60s: Best Music Live!**
4.00 **to 5.00** AM **Nearest and Dearest**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Teen Mom UK: Next Generation**
10.00 **Catfish: The TV Show**
1.00 PM **Judge Judy** Real-life small-claims cases.
6.00 **Beauty and the Geek Australia** A bombshell shocks the group. **7.15** The geeks all get their long-awaited transformations.
9.00 **Ink Master** The most talked-about artists and canvases return.
10.00 **Tattoo Fixers** Alice reworks dog-lover William's cover. **11.00** Twins come in with matching bad tattoos.
12.00 M'T **Ink Master**
1.00 AM **Jersey Shore Family Vacation**
2.00 **Dating Naked**
2.50 **Ghosted: Love Gone Missing** Reality series.
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Wheeler Dealers**
12.00 NOON **Building Off the Grid**
2.00 PM **Alaska: Homestead Rescue** 2/2. The Raneys come to the aid of a family who have just survived a tornado. **3.00** The Raneys build an entire cabin from scratch. **4.00** Soil poisoned by coal production hampers a Kentucky homestead. **5.00** 1/2. The Raneys receive a dangerous request from a family in a Missouri flood zone. **6.00** The Raneys must move a cabin into the flood zone.

7.00 Alaska: Homestead Rescue

7.00 Alaska: Homestead Rescue New edition In West Virginia, the Raneys face a stubborn mountain and even more stubborn homesteaders, as they try to bring water to a farm with 300 animals.

9.00 Barnwood Builders While Mark is on the road, the guys pick off a list of chores at home, including stacking the Hamlin cabin.

10.00 Deadliest Catch A rogue wave pummels the *Wizard* crew and rattles Keith, while Sig's deckhand suffers a crushed toe.

11.00 Kindig Customs A 1933 Roadster has a great paint job but needs reimagining. **12.00** M'T Dave is called in act as a judge and present an award at a car show.
1.00 AM **Kindig Customs**
3.00 **to 5.00** AM **American Chopper**

+1hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat that has become violent. **4.00** A woman is concerned for her mother's safety.
5.00 **Treehouse Masters** A writer requests a creative hideaway.
6.00 **Meet the Sloths** A year in the life of sloths in Costa Rica. **6.30** An emergency rescue puts a vet on the spot.

8.00 Little Giants

7.00 How Do Animals Do That? Why moths are attracted to flames. **7.30** Why spiders don't get stuck in their webs.

8.00 Little Giants The team are in Thailand to test the rhinoceros beetle. **8.30** A search for the panther chameleon.

9.00 Edge of Alaska Neil starts the first Motherlode tour, but complications could bring his work to a swift conclusion.

10.00 Tanked Brothers-in-law Brett and Wayde engage in their first-ever tank-off to see who can build the best aquarium.

11.00 Tanked The brothers-in-law build two tanks for baseball star Johnny Damon.
12.00 M'T **Fish or Die** The arapaima.
1.00 AM **Great Hammerhead Invasion** Documentary.
2.00 **The Haunted**
3.00 **Treetop Cat Rescue**
4.00 **to 5.00** AM **Swarm Chasers**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Border Protection Spain**
10.00 **Air Crash Investigation**
12.00 NOON **Ancient Structures: Secrets Revealed**
1.00 PM **Egypt's Treasure Guardians** Documentary.
2.00 **Tut's Toxic Tomb**
4.00 **Air Crash Investigation** Investigating the crash of Korean Air Flight 801 in 1997. **5.00** Analysing the 1985 Manchester runway disaster.
6.00 **Pirates: Behind the Legends** The voyages and exploits of Anne Bonny and Mary Read.

6.00 Pirates Behind the Legends

7.00 Hidden Beneath the Cities New edition A man in Iran digging a well uncovers a three-storey underground city.

8.00 Bloody Tales of the Tower The contrasting fates of three people imprisoned in the Tower of London for treason.

9.00 Bloody Tales of the Tower Why it took executioner John Ketch five blows to decapitate the Duke of Monmouth.

10.00 Bloody Tales of the Tower A look into the execution of Henry VIII's wives Anne Boleyn and Catherine Howard.

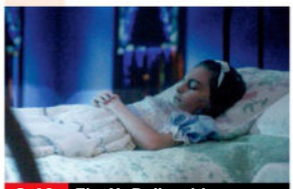
11.00 Witches: Truth Behind the Trials Re-creating witch trials from Europe and America.
12.00 M'T **Seconds from Disaster** The events leading up to the 1994 crash of an RAF Chinook helicopter in Scotland.
1.00 AM **Car S.O.S** Double bill.
3.00 **to 5.00** AM **Megafactories**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **What on Earth?**
9.00 **Storage Wars**
10.55 **Storage Hunters**
12.45 PM **Pawn Stars**
3.40 **The UnBelievable with Dan Aykroyd** The actor examines some unusual dwellings. **4.35** Strange medical cases recorded throughout history. **5.35** The actor explores the strangest crimes in history.
6.30 **U-Boat Wargamers** Analysing efforts to defeat Admiral Karl Dönitz and his Wolf Pack fleets of U-boats.



3.40 The UnBelievable

7.40 U-Boat Wargamers The role the Wrens played in preventing Dönitz's U-boat commanders in their quest to send as many British merchant ships to the bottom of the sea as possible. **8.50** Although the Admiralty were convinced the Allies had the expertise to defeat Germany, Gilbert Roberts and the Wrens started devising tactics to combat U-boat formations.

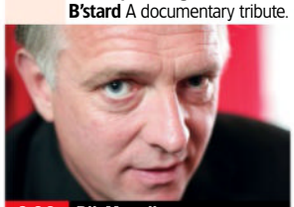
10.00 World War II with Tom Hanks The story of Operation Blue, as the German Army fought to take Soviet oil fields and the city of Stalingrad.

11.00 Resistance: They Fought Back One-off documentary recounting the largely unknown and incredibly courageous story of Jewish resistance during the Holocaust.
1.00 AM **The UnBelievable with Dan Aykroyd** Double bill.
2.45 **Pawn Stars** Double bill.
4.30 **to 6.00** AM **Storage Hunters**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **Discovering: Basil Rathbone** Profile of the actor.
7.00 **Discovering: Jon Voight**
8.00 **The Directors**
9.00 **Love Means Zero**
10.50 **My Icon: Kadeen Corbin**
11.00 **On the Line: The Richard Williams Story**
12.50 PM **My Icon: Heather Watson**
1.00 **McEnroe**
3.00 **Brazilians in the Premier League** Documentary.
4.10 **I Am Richard Pryor**
6.00 **Rik Mayall: Magnificent B'stard** A documentary tribute.



6.00 Rik Mayall

Rik Mayall: Magnificent B'stard (started at 6.00pm)

8.00 The Alien Autopsy Scandal *Are We Alone?* 3/3. Growing claims that the video was a hoax.

9.00 I'm Chevy Chase and You're Not A profile of the actor and comedian, who rose to fame on *Saturday Night Live* before becoming a film star in the 1980s, but whose career declined amid reports of difficult behaviour.

11.00 Belushi The life story of comedy star John Belushi, who captured the hearts of audiences worldwide before his untimely death aged 33.
1.10 AM **FILM Dogtown and Z-Boys** Documentary. (2001, 15, 91min) ★★★
3.00 **Seve** The story of golfer Severiano Ballesteros.
5.00 **to 6.00** AM **The Directors**

7 PM 8 PM 9 PM 10 PM

Sunday

Quest

140/141 149 128/137 17 145 18

6.00 AM **Combat Dealers**
8.00 **Money for Nothing**
9.00 **Celebrity Yorkshire Auction House**
11.00 **The Yorkshire Auction House** Double bill.
1.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Angus Ashworth: Yorkshire Heritage Hero** Angus becomes a trainee butler at the historic Scampston Hall.
8.00 **The Repair Shop** Mechanical expert Steve attempts to fix an old school calculator. **9.00** Experts restore a model car, a set of bagpipes and a locket.
10.00 **The Repair Shop**
1.00 AM **Ant Anstead: Born Mechanic** Double bill.
3.00 **Wheeler Dealers World Tour**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Forensic Detectives**
11.00 **Faking It: Tears of a Crime** Documentary.
12.00 NOON **FBI Files**
3.00 PM **Who the (Bleep) Did I Marry?** Twelve editions of the series.
9.00 **A Killer's Mistake** When firefighter Bob Poynter is killed, no-one appears more devastated than his wife Chacey. But soon detectives discover a web of lies.
10.00 **The Killer in My Family** Relatives of serial killer Arthur Hutchinson reveal how his heinous crimes impacted the family.
11.00 **Lethally Blonde**
12.00 M'T **Faking It: Tears of a Crime** Documentary.
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **UK Crime Files: Brides in the Bath Murders**
8.00 **UK Crime Files: Murder Against All Odds** A case that shocked the city of Newport in 1992.
9.00 **UK Crime Files: Newport Revenge Murder** A look at how an assault investigation jeopardised Robert Henry Davies' life.
10.00 **UK Crime Files: Murder – Smoke and Lies** The case of Nikitta Grender.
11.00 **UK Crime Files: Murderous Bigamist**
12.00 M'T **UK Crime Files: Dating App Murder**
1.00 AM **Britain's Countryside Killers**
2.00 **Killers: Caught on Camera** True-crime.
3.00 **When Death Comes Knocking** Documentary.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Medical Detectives**
12.00 NOON **48 Hours**
2.00 PM **UK Crime Files: Murder – The Tattoo Clue** A woman's body is discovered at a pumping station in Hull.
3.00 **UK Crime Files: Blackpool Double Murder** Exploring two similar murders that took place ten years apart.
4.00 **UK Crime Files: Wicked Beyond Belief** The murder of Betty Guy.
5.00 **UK Crime Files: Mystery of the Man in the Woods** A case in which a young man met a disastrous end.
6.00 **UK Crime Files: Murder in the Family** The case of *EastEnders* actor Gemma McCluskie.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Send in the Dogs**
7.00 **A1: Britain's Longest Road** Documentary.
8.00 **Road Wars**
9.00 **Caught on Dashcam**
11.00 **Caught Red Handed**
2.00 PM **Forensics: Catching the Killer** Double bill.
4.00 **Murder Uncut**
5.00 **Killing Mum and Dad**
6.00 **Killer in My Village**
7.00 **Forensics: Catching the Killer** Double bill.
9.00 **The Disappearance of Susan Cox Powell** 1&2/2. Documentary.
12.20 AM **Killing Mum and Dad** Daniel Dighton.
1.15 **Murder Uncut**
2.10 **Britain's Most Evil Killers** The story of serial killer Mark Hobson.
3.05 **The Real Manhunter**
4.00 **Brit Cops: Rapid Response** Documentary.
5.00 **to 6.00** AM **Stop, Search, Seize**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.25 AM **Hunt for the Oldest DNA** Documentary.
9.35 **WW2: Battle of Crete**
1.00 PM **Grand Tours of the Scottish Islands**
1.55 **RAF at 100 with Ewan and Colin McGregor**
3.50 **Chernobyl: The New Evidence** Double bill.
5.55 **WW2: Battle of Crete** The story of the battle. **7.00** An evacuation mission costs the lives of almost 1,000 soldiers. **8.15** The massacres that occurred from both sides after the German and Italian occupation.
9.25 **RAF at 100 with Ewan and Colin McGregor** The actor and his brother present a celebration of the RAF's centenary.
11.20 **Grand Tours of the Scottish Islands**
12.00 M'T **Hunt for the Oldest DNA**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Extraordinary Animals**
8.00 **My Best Friend's an Animal**
10.00 **Africa's Wild Year**
12.00 NOON **Leopard Dynasty: The Rise of Rana** Documentary.
1.00 PM **Carpathian Predators**
3.00 **Big Beasts: Last of the Giants**
6.00 **Wild Science** New edition Documentary tracking the black rhino's evolution through adaptation and conservation.
7.00 **Micro Monsters with David Attenborough** Battles and rivalries within the world of bugs. **7.30** How predators defuse the defences of their prey. **8.00** Courtship in the bug world. **8.30** Exploring the mating habits of various bugs. **9.00** Bugs that prefer co-operation to conflict. **9.30** Insect colonies.
10.00 **David Attenborough's Dragons and Damsels** Documentary.
11.00 **Wild Science** As 6.00pm.
12.00 M'T **Supersenses**
2.00 AM **Undiscovered Vistas**
4.00 **to 6.00** AM **Secret Life of the Koala**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Crimes That Shook Britain**
10.00 **WWII's Most Daring Raids**
12.00 NOON **Digging for Britain**
2.00 PM **Ancient Aliens**
4.00 **Empire Builders**
5.00 **Colosseum** Double bill.
7.00 **Crimes That Shook Britain** The case of Mick and Mairead Philpott, who killed six of their children after setting fire to their Derby home in May 2012.
8.00 **Colosseum** With Rome and the Colosseum in decline, a single man turns to the arena.
9.00 **Clash of the Gods** The story of Greek hero Hercules.
10.00 **The Nostradamus Effect** Isaac Newton's obsession with biblical prophecies.
11.00 **Ancient Aliens** Examining whether hilltop spirits could have been extraterrestrials. **12.00** M'T Strange carvings.
1.00 AM **Crimes That Shook Britain**
2.00 **The Secret Nazi Expeditions**
3.00 **Combat Ships**
4.00 **Bone Detectives**
5.00 **to 6.00** AM **River Hunters**

Discovery Science

167 148 179

8.00 AM **Blowing Up History**
10.00 **How It's Made**
12.00 NOON **How Do They Do It?**
12.30 PM **How It's Made: Dream Cars**
2.00 **Incredible Engineering Blunders: Fixed** Double bill.
4.00 **How the Universe Works**
6.00 **How It's Made** Four editions of the series, including at: **7.00** The processes behind the creation of digital paintings. **7.30** A look at how dumplings and brass faucets are made.
8.00 **Mysteries of the Deep** A technique that could identify the Loch Ness Monster. **9.00** The mystery behind the infamous giant squid.
10.00 **Houdini's Last Secrets** Experts recreate Houdini's buried alive escape stunt.
11.00 **Super Factories: Food Edition**
12.00 M'T **How the Universe Works**
2.00 AM **NASA's Unexplained Files**
4.00 **How Do They Do It?**
4.30 **to 6.00** AM **How It's Made: Dream Cars**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **Killer Britain with Dermot Murnaghan** Double bill.
8.00 **Cops Gone Bad with Will Mellor** Double bill of editions.
10.00 **#Dead2Me** Double bill.
12.00 NOON **Jo Frost on Britain's Killer Kids** Double bill.
2.00 PM **Crimes That Shook Britain**
4.00 **Staged: Deadly Deception**
7.00 **Green Eyed Killers** A young woman is gunned down by her ex after a terrifying pursuit.
8.00 **Cold Case Files: Dead West** A woman's burning body is found in an oil field in 2006.
9.00 **The Death Investigator with Barbara Butcher** A woman is found dead in her apartment.
10.00 **Cold Case Files** A family's murder in 1984, leaving a three-year-old as the lone survivor.
11.00 **Crime in Progress**
12.00 M'T **Staged: Deadly Deception**
1.00 AM **Cold Case Files: Murder in the Bayou** Krystal Jean Baker.
2.00 **Accident, Suicide or Murder?**
4.00 **to 6.00** AM **Killer in Plain Sight**

+1hour 256 333

WILD

165 145 182

8.00 AM **The Incredible Dr Pol**
10.00 **Maui Shark Mystery**
11.00 **Lost Sharks of Easter Island**
12.00 NOON **Deep Sea Killers: Into the Dark** Aquatic predators.
1.00 PM **Bull Shark Vs Hammerhead** Documentary.
2.00 **Deep Sea Dwellers**
3.00 **Venom Files: Anatomy of a Snake Bite**
4.00 **Secrets of the Zoo: Tampa**
6.00 **Heartland Docs** New edition The Schroeders' son is heading to college, but first he has to chase down a flighty mini horse.
7.00 NEW SERIES **Colossal Sea Creatures** Footage of the biggest animals in the ocean.
8.00 **Killer Whale Chronicles** The mysterious world of orcas.
9.00 **Death at the River** A journey along Africa's wild rivers.
10.00 **Africa's River Titans** The largest animals living alongside Africa's rivers.
11.00 **Something Bit Me**
1.00 AM **Lawless Island**
2.00 **When Sharks Attack**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

161/172 147 181

7.00 AM **Shed and Buried**
9.00 **Treasure Quest: Snake Island**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides** Triple bill.
6.00 **Blowing Up History** Investigators use CGI to reveal where the tomb of Alexander the Great may lie. **7.00** Archaeologists believe they have found the ruins of the Greek city of Helike. **8.00** The construction of iconic megastructures created by bygone civilisations.
9.00 **Salvage Hunters: The Restorers** Drew Pritchard asks furniture restorer Steve Norman to save an incredibly rare and valuable rosewood table. **10.00** Michael and Maria Start restore an unusual 1950s football arcade game. **11.00** Sculptor Nick Elphick must restore a cherub statue back to his best.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Mexico: Earth's Festival of Life** Double bill of editions.
11.00 **Wild Brazil** Double bill.
1.00 PM **Mexico: Earth's Festival of Life** Double bill of editions.
3.00 **Wild Brazil** Double bill.
5.00 **Mexico: Earth's Festival of Life**
7.00 **Wild Brazil** The lives of families of capuchin monkeys, giant otters and coatis. **8.00** The monsoons arrive and the giant otter cubs must learn to swim ahead of their river flooding.
9.00 **Mexico: Earth's Festival of Life** Exploring the forests of the Yucatan, home to ruins of the Mayan civilisation. **10.00** Exploring the deserts of Mexico's northern region, home to animals like prairie dogs.
11.00 **Wild Brazil** Double bill.
1.00 AM **Mexico: Earth's Festival of Life** Double bill of editions.
3.00 **Wild Brazil** Double bill.
4.40 **Sue Perkins: Along the US-Mexico Border**
5.30 **to 6.00** AM **Villages by the Sea**

+1hour 266 376

ID

154 140 166

8.00 AM **The Killer Beside Me**
12.00 NOON **The Murder Tapes**
4.00 PM **American Monster** A work accident changes the course of a couple's lives. **5.00** A Michigan mother killed by her jealous ex-boyfriend. **6.00** The attempted murder of Robert Whedbee by wife Lisa. **7.00** Exploring the murders of four members of a seemingly close-knit family.
8.00 **Evil Lives Here** A look back at how Beverly Stephens learned her husband was a killer. **9.00** Trina's childhood becomes a nightmare when her mother brings home her boyfriend.
10.00 **The Real Murders on Elm Street** Police discover two women bound and suffocated.
11.00 **American Monster** Jealousy and violent control soon spiral into devastating consequences.
12.00 M'T **Before They Kill Again**
2.00 AM **Where Murder Lies**
4.00 **to 6.00** AM **Does Murder Sleep?**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **World's Biggest Shipbuilders** Triple bill.
10.00 **Extreme RVs**
11.00 **Extreme Car Hoarders**
12.00 NOON **Iron Resurrection**
5.00 PM **Shed and Buried: Classic Cars** Henry and Fuzz admire a collection of Morris Minors. **6.00** Transforming a 1920s Model A Ford pickup truck.
7.00 **Wheeler Dealers** The boys are excited when a 1991 Toyota MR2 Turbo is found. **8.00** Mike tracks down a Land Cruiser FJ60, but the original four-speed transmission holds it below highway speeds. **9.00** Mike discovers a true Japanese legend from the 1990s. **10.00** Mike and Elvis wrestle an iconic Japanese rally car – a Mitsubishi Lancer Evo7. **11.00** Mike plans to create a bespoke Subaru BRZ STI. **12.00** M'T The boys snap up a Mitsubishi Shogun.
1.00 **to 4.00** AM **World's Biggest Shipbuilders**

+1hour 258

Sky Cinema Premiere

301 301 401 501 515

6.55 AM **Mile End Kicks** (2025)
8.50 **The SpongeBob Movie: Search for SquarePants**
10.35 **The Choral** Comedy drama. (2025, 15, 113min) ★★★★
12.30 PM PREMIERE **Strung** (2025)
2.30 **Carolina Caroline** Thriller. (2025, 15, 105min) ★★★★
4.20 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
6.05 **Mile End Kicks** Comedy. (2025, 15, 111min) ★★★★

8.00 Strung

8.00 PREMIERE **Strung** Thriller starring Chloe Bailey. A talented violinist's new job tutoring for a family turns into a battle for safety when she realises her past is linked to the family's patriarch. With Lucien Laviscount and Lynn Whitfield. (2025, 15, 119min)

10.00 **No Ordinary Heist** Fact-based thriller starring Eddie Marsan. Two bank employees are forced to execute Ireland's biggest heist after criminals kidnap their families. (2026, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Sisu: Road to Revenge** Finnish action sequel. Partly subtitled. (2025, 15, 89min) ★★★★
1.25 AM **They Will Kill You** Horror comedy starring Zazie Beetz. (2025, 15, 94min) ★★★
3.15 **Dead Man's Wire** Thriller. (2025, 15, 104min) ★★★★
5.05 **to 7.05** AM **Mile End Kicks**

Sky Cinema Bridget Jones

303 303 403 503 517

7.35 AM **Bridget Jones's Diary**
9.30 **Bridget Jones: The Edge of Reason** As shown at 6.00pm.
11.35 **Bridget Jones's Baby** (2016)
1.50 PM **Bridget Jones: Mad About the Boy** As 10.05pm.
4.10 **Bridget Jones's Diary** Comedy with Renée Zellweger. (2001, 15, 96min) ★★★★
6.00 **Bridget Jones: The Edge of Reason** Romantic comedy sequel with Renée Zellweger. (2004, 15, 108min) ★★★

6.00 Bridget Jones: The Edge...

8.00 **Bridget Jones's Baby** Romantic comedy sequel starring Renée Zellweger and Colin Firth. After a pair of one-night stands, the now single Bridget Jones winds up pregnant. With Patrick Dempsey and Emma Thompson. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Bridget Jones: Mad About the Boy** Romantic comedy sequel starring Renée Zellweger. Recently widowed Bridget enters the dating game again, caught between her son's science teacher and a younger man. (2024, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Bridget Jones's Diary**
1.50 **Bridget Jones: The Edge of Reason** As shown at 6.00pm.
3.40 **Bridget Jones's Baby** (2016)
5.45 **to 6.00** AM **The Cinema List: British Women Directors**

Sky Cinema Drama

310 310 410 510 524

6.45 AM **Miss You Already** (2015)
8.50 **May December** Drama. (2023, 15, 117min) ★★★★
10.55 **Beach Rats** Powerful drama. (2017, 15, 98min) ★★★
12.45 PM **Erin Brockovich** Legal drama starring Julia Roberts. (2000, 15, 133min) ★★★★
3.05 **Materialists** Romantic comedy drama starring Dakota Johnson. (2025, 15, 116min) ★★★★
5.10 **One Battle After Another** Oscar-winning action thriller starring Leonardo DiCaprio. (2025, 15, 161min) ★★★★★
8.00 **The Choral** Comedy drama starring Ralph Fiennes. A choral society's male members enlist in World War Two, leaving the demanding Dr Guthrie to recruit teenagers amidst the turbulent times. (2025, 15, 113min) ★★★★
9.55 **The Brutalist** Epic period drama starring Adrien Brody. (2024, 18, 215min) ★★★★★
1.15 AM **...And Justice for All** Satirical comedy starring Al Pacino. (1979, 15, 119min) ★★★
3.30 **Miss You Already** Comedy drama starring Drew Barrymore. (2015, 12, 112min) ★★★
5.35 **to 7.25** AM **The Cut** Thriller. (2024, 12, 99min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

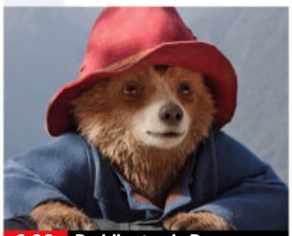
6.30 AM **If You Were the Last** Sci-fi comedy with Anthony Mackie. (2023, 15, 92min) ★★★★
8.10 **Edge of Tomorrow** Adventure. (2014, 12, 113min) ★★★★
10.10 **The Nun** Horror with Demián Bichir. (2018, 15, 96min) ★★★
12.00 NOON **Anacondas: The Hunt for the Blood Orchid** Adventure sequel starring Johnny Messner. (2004, 12, 97min) ★
1.45 PM **Ghostbusters** Supernatural comedy starring Bill Murray. (1984, 12, 105min) ★★★★
3.40 **Arrival** Sci-fi action drama. (2016, 12, 116min) ★★★★★
5.40 **Nosferatu** Horror starring Bill Skarsgård and Lily-Rose Depp. (2024, 15, 132min) ★★★★
8.00 **Constantine** Supernatural horror thriller starring Keanu Reeves and Rachel Weisz. (2005, 15, 121min) ★★★
10.05 **Until Dawn** Horror starring Ella Rubin. (2025, 15, 99min) ★★★
11.50 **Smile 2** Mystery horror sequel. (2024, 18, 127min) ★★★★
2.00 AM **Heart Eyes** Horror comedy. (2025, 15, 97min) ★★★★
3.40 **It Feeds** Horror thriller. (2025, 15, 102min) ★★★
5.25 **to 6.55** AM **Gator Creek** Horror. (2025, 15, 87min) ★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.20 AM **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
8.05 **Dog Man** (2025, U) ★★★★
9.45 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
11.30 **Paddington 2** Comedy sequel. (2017, PG, 104min) ★★★★★
1.30 PM **DC League of Super-Pets** Animation. (2022, PG) ★★★
3.20 **Wicked** (2024, PG) ★★★★
6.00 **Paddington in Peru** Comedy. (2024, PG, 106min) ★★★★



6.00 Paddington in Peru

8.00 **The BFG** Director Steven Spielberg's fantasy adventure based on Roald Dahl's book, starring Mark Rylance, Ruby Barnhill and Penelope Wilton. An orphaned girl befriends a giant, who takes her off to a magical land. (2016, PG, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy adventure sequel starring Megan Fox, Will Arnett and Stephen Amell. (2016, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Look Who's Talking Too** Comedy sequel starring Kirstie Alley. (1990, 12, 77min) ★
1.35 **The Wild Robot** Animation. (2024, U, 102min) ★★★★
3.30 **Teenage Mutant Ninja Turtles: Out of the Shadows**
5.30 **to 7.20** AM **Harriet the Spy** Family comedy adventure. (1996, PG, 97min) ★★★★

Sky Cinema Action

306 306 407 507 521

6.40 AM **American Night** Drama. (2021, 15, 123min) ★★★
8.45 **Gladiator II** Historical drama sequel starring Paul Mescal. (2024, 15, 148min) ★★★
11.15 **Godzilla** Monster movie. (1998, PG, 139min) ★★★
1.45 PM **Morbius** Adventure. (2022, 12, 104min) ★★
3.30 **The Running Man** Thriller. (2025, 15, 133min) ★★★
5.55 **The Mummy** Adventure. (1999, 15, 124min) ★★★★

5.55 The Mummy

8.00 **The Mummy Returns** Adventure sequel starring Brendan Fraser and Rachel Weisz. A dashing ex-legionnaire and his Egyptologist wife confront old and new adversaries – an evil ancient Egyptian high priest and a warrior who has been frozen in time for five millennia. (2001, 12, 129min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

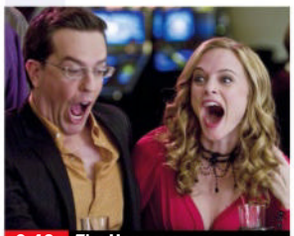
10.15 **The Mummy: Tomb of the Dragon Emperor** Fantasy adventure sequel starring Brendan Fraser, Jet Li and Michelle Yeoh. (2008, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Olympus Has Fallen** Action thriller starring Gerard Butler. (2011, 15, 119min) ★★★
2.10 **The Toxic Avenger** Horror comedy. (2023, 18) ★★★
4.05 **Sky Cinema Preview**
4.40 **to 7.10** AM **The Shadow's Edge** Thriller with Jackie Chan. (2025, 15, 141min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

7.20 AM **National Security** (2003)
9.00 **Zoolander** (2001, 12) ★★★★
10.45 **Beetlejuice Beetlejuice** Comedy. (2024, 12) ★★★★
12.40 PM **Dumb and Dumberer: When Harry Met Lloyd** Comedy. (2003, 12, 85min) ★
2.15 **Blue Moon** Comedy drama. (2025, 15, 100min) ★★★★
4.05 **The Wedding Singer** Comedy. (1998, 12, 97min) ★★★★
5.55 **Yesterday** Fantasy comedy. (2019, 12, 116min) ★★★



9.40 The Hangover

8.00 **Big Daddy** Comedy starring Adam Sandler as a law school graduate who adopts a boy to impress his girlfriend. With Joey Lauren Adams and Kristy Swanson. (1999, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

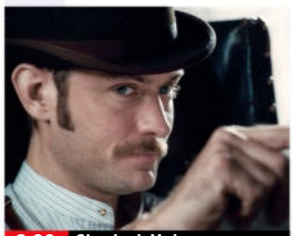
9.40 **The Hangover** Comedy starring Bradley Cooper, Zach Galifianakis and Ed Helms. Three friends try to find the missing groom after a riotous bachelor party in Las Vegas. (2009, 15, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Hangover Part II** Comedy sequel. (2011, 15, 101min) ★★
1.15 AM **The Hangover Part III** Dark comedy sequel. (2013, 15, 100min) ★★
3.00 **The Taming of the Shrew** Adaptation of Shakespeare's play. (1967, U, 126min) ★★★★
5.05 **to 6.50** AM **Chalet Girl** Comedy starring Felicity Jones. (2011, 12, 97min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Jaws 2** Thriller sequel. (1978, PG, 115min) ★★★
8.00 **Jaws 3** As shown at 4.15am.
9.40 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
11.40 **The Bourne Supremacy** Thriller. (2004, 12) ★★★★
1.30 PM **The Bourne Ultimatum** Thriller. (2007, 12) ★★★★
3.30 **The Bourne Legacy** Thriller. (2012, 12, 129min) ★★★
5.50 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★★



8.00 Sherlock Holmes

8.00 **Sherlock Holmes** Guy Ritchie's action adventure starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to foil a plot by a Satan-worshipping aristocrat to bring down Parliament and seize power. With Mark Strong and Rachel McAdams. (2009, 12, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Sherlock Holmes: A Game of Shadows** Guy Ritchie's adventure sequel starring Robert Downey Jr and Jude Law. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Caught Stealing** Comedy thriller starring Austin Butler. (2025, 15, 107min) ★★★★
2.15 **Speak No Evil** Horror thriller starring James McAvoy. (2024, 15, 110min) ★★★★
4.15 **to 6.00** AM **Jaws 3** Thriller sequel. (1983, 12, 99min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **River of No Return** Western. (1954, PG) ★★★
12.50 PM **Hidden Figures** Fact-based drama starring Taraji P Henson. (2016, PG, 127min) ★★★★
3.20 **The Bridge on the River Kwai** David Lean's classic World War Two drama. (1957, PG, 161min) ★★★★★
6.35 **Oblivion** Epic sci-fi action adventure starring Tom Cruise. (2013, 12, 119min) ★★★★

9.00 Top Gun: Maverick

Oblivion (film started at 6.35pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Top Gun: Maverick** Action drama starring Tom Cruise. Pete 'Maverick' Mitchell gets called back to the Top Gun academy, where he must train a new band of recruits for a deadly mission. With Jennifer Connelly. (2022, 12, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.35 **3.10 to Yuma** Western remake starring Russell Crowe and Christian Bale. A debt-stricken rancher volunteers to escort a notorious outlaw to justice. With Peter Fonda. (2007, 15, 122min) ★★★★
1.55 **to 4.00** AM **Monos** Colombian adventure thriller with Sofia Buenaventura. Partly subtitled. (2019, 15, 102min) ★★★★★

+1hour 314 430 47 301 257

11 PM

Sky Cinema Minions

302 302 402 502 516

7.30 AM **Minions** As 8.55pm.
9.10 **Despicable Me** As 10.30pm.
10.55 **Despicable Me 2** As 5.40pm.
12.40 PM **Despicable Me 3** (2017)
2.20 **Minions** As shown at 8.55pm.
4.00 **Despicable Me** As 10.30pm.
5.40 **Despicable Me 2** Animated comedy sequel featuring the voices of Steve Carell, Kristen Wiig and Benjamin Bratt. (2013, U, 97min) ★★★

7.20 **Despicable Me 3** Animated comedy sequel with the voice of Steve Carell. Dismissed from the Anti-Villain League after botching a mission, Gru sets off to meet his long-lost twin brother. (2017, U, 99min) ★★★
8.55 **Minions** Animated comedy with the voices of Sandra Bullock and Michael Keaton. Three creatures become henchmen to an evil genius, and uncover a threat to their whole species. (2015, U, 91min) ★★★★

10.30 **Despicable Me** Animated comedy featuring the voices of Steve Carell and Jason Segel. (2010, U, 94min) ★★★★
12.10 AM **Despicable Me 2** (2013)
1.50 **Despicable Me 3** As 7.20pm.
3.25 **Minions** As shown at 8.55pm.
5.00 **to 6.40** AM **Despicable Me**

Sky Cinema Greats

307 307 404 504 518

7.30 AM **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
9.30 **Lethal Weapon 3** Thriller sequel. (1992, 15, 118min) ★★
11.30 **Lethal Weapon 4** Thriller sequel. (1998, 15, 128min) ★★★
1.40 PM **The Naked Gun** Spoof. (1988, 15, 85min) ★★★★
3.10 **The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel. (1991, 15, 81min) ★★★

4.40 **The Naked Gun 33⅓: The Final Insult** Spoof thriller sequel. (1994, 12, 83min) ★★★
6.05 **Free Willy** Adventure starring Jason James Richter and Lori Petty. (1993, U, 112min) ★★★★
8.00 **Jumanji** Comic fantasy starring Robin Williams and Bonnie Hunt. (1995, PG, 104min) ★★★★
9.45 **Jurassic Park** Steven Spielberg's thriller starring Sam Neill, Laura Dern, Jeff Goldblum and Richard Attenborough. (1993, PG, 127min) ★★★★★

11.55 **The Exorcist** Occult horror chiller starring Max von Sydow. (1973, 18, 121min) ★★★★★
2.00 AM **Se7en** Thriller starring Brad Pitt. (1995, 18, 127min) ★★★★
4.10 **to 6.00** AM **Drunken Master II** Action comedy starring Jackie Chan. (1994, 12, 102min) ★★★

Disney+ Cinema

305 305

6.00 AM **The Sorcerer's Apprentice** Fantasy starring Nicolas Cage. (2010, PG, 109min) ★★★★
8.00 **The Parent Trap** Comedy. (1998, PG, 122min) ★★★
10.05 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
12.30 PM **Mulan** Animated adventure. (1998, U, 88min) ★★★

2.00 **Up** Animated comedy adventure. (2009, U, 96min) ★★★★★
3.40 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
5.25 **Aladdin** Animated fantasy. (1992, U, 90min) ★★★★★
6.55 **Beauty and the Beast** Musical. (2017, PG, 129min) ★★★★
9.00 **Joy** Drama starring Jennifer Lawrence and Robert De Niro. (2015, 12, 121min) ★★★★
11.05 **The East** Thriller starring Brit Marling and Alexander Skarsgård. (2013, 15, 111min) ★★★★

1.00 AM **(500) Days of Summer** Offbeat romantic comedy. (2009, 12, 95min) ★★★★
2.35 **Aliens Vs Predator: Requiem** Sci-fi action fantasy sequel. (2007, 15, 89min) ★
4.20 **to 6.00** AM **Big Hero 6** Animation. (2014, PG) ★★★★

Movies 24

312 313 419

7.00 AM **A Scottish Love Scheme** Drama. (2024, PG, 84min) ★★
9.00 **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★
11.00 **Junebug** Fantasy with Autumn Reeser. (2024, PG, 84min) ★★
1.00 PM **My Dreams of You** Drama. (2024, PG, 90min) ★★
3.00 **PREMIERE** **The Love Heist** Romantic drama starring Lyndsy Fonseca. (2026, PG, 90min) ★★

5.00 **Falling Together** Drama starring Ashley Williams. (2024, U, 90min) ★★
7.00 **Catch of the Day** Romantic drama starring Emilie Ullerup. (2025, PG, 84min) ★★
9.00 **Love & Jane** Romantic fantasy drama starring Alison Sweeney and Benjamin Ayres. A woman at a crossroads in her life receives an unlikely advisor in the shape of Jane Austen herself. With Kendra Anderson. (2024, PG, 84min) ★★

11.00 **Modeled with Love** Romantic drama. (2023, PG, 90min) ★★
1.00 AM **Mystery Island: Play For Keeps** Drama. (2025, PG) ★★
3.00 **to 5.00** AM **Autumn at Apple Hill** Comedy. (2024, PG) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **The Lone Ranger** (S1)
7.25 **Strange Voyage** Adventure. (1946, b/w, U, 80min) ★★
8.40 **The Jackals** Western with Vincent Price. (1967, PG, 96min) ★★
10.30 **The Beverly Hillbillies** (S2)
11.00 **Batman** 10/26. (S3)
11.30 **The Battle of the Rails** Drama. (1946, PG, 85min) ★★
1.10 PM **A Tale of Two Cities** Drama. (1958, b/w, U, 117min) ★★★

3.30 **For the Love of Ada** 2/6. (S1)
4.00 **The Man from UNCLE** (S1)
5.00 **The Footage Detectives**
6.00 **The Directors** Howard Hawks.
7.00 **That's My Boy** 7/7. (S3)
7.35 **The Mosquito Coast** Adventure starring Harrison Ford, Helen Mirren and River Phoenix. (1986, 15, 117min) ★★
9.55 **Remember My Name** Offbeat drama starring Geraldine Chaplin and Anthony Hopkins. (1978, 15, 96min) ★★★
11.55 **The Heritage Chart Show**

1.00 AM **Thunder Rock** Fantasy. (1942, b/w, PG, 112min) ★★★
3.05 **Glimpses: Golden Ghosts**
3.30 **The Rogues** 22/30. (S1)
4.30 **The Adventures of Robin Hood**
5.00 **The Buccaneers** 26/39. (S1)
5.30 **to 6.00** AM **The Adventures of William Tell**

Sunday

Sky Sports Main Event

401 401 501 419 439

6.30 AM **World Cup Report**
7.00 **World Cup Breakfast**
10.00 **Test Cricket Bitesize**
10.15 LIVE **Test Cricket** England v New Zealand. Coverage of the fourth day of the third and final Test in the series from Trent Bridge, Nottingham.
1.00 PM LIVE **Formula 1** Austrian Grand Prix from Red Bull Ring in Spielberg. Start-time **3.00pm**.
4.00 LIVE **Test Cricket** England v New Zealand. Further coverage of the fourth day of the third and final Test at Trent Bridge.
7.00 LIVE **Women's PGA Championship** Coverage of day four of the Major from Hazeltine National Golf Club in Minnesota.
9.00 LIVE **PGA Tour Golf** Day four of the Travelers Championship at TPC River Highlands in Cromwell.
12.00 M'T LIVE **Zuffa Boxing** Coverage of the preliminary bouts at The Cosmopolitan of Las Vegas.
2.00 AM LIVE **Zuffa Boxing** Edwin De Los Santos v José Valenzuela. The lightweight bout at the Cosmopolitan of Las Vegas.
5.30 **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Best Goals**
8.00 **Premier League 100 Club**
9.00 **Premier League Review**
11.00 **Premier League Stories**
11.30 **Premier League 100 Club**
12.00 NOON **Premier League Review**
1.00 PM **Premier League Review**
3.00 **Premier League Stories** The story of Brighton & Hove Albion.
3.30 **Transfer 360** The inside story of Jurgen Klinsmann to Spurs.
4.00 **Premier League Review**
5.00 **Premier League Review** A review of the 2025/26 season.
7.00 **Premier League Stories** The story of Brighton & Hove Albion.
7.30 **Gary Neville's Soccerbox** Gary Neville reunites with former Man United colleague Louis Saha.
8.00 **Premier League Review** Some of the finest strikes throughout the 2025/26 campaign.
9.00 **Premier League Review**
11.00 **Premier League Years** Memorable moments and goals from the 2019/20 season.
1.00 AM **PL Retro** A replay of Arsenal v Manchester United from 1997.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Championship Retro**
8.00 **150 Years of the Edinburgh Derby** Hearts v Hibernian.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2016 final.
11.00 **1983: When Aberdeen Ruled Europe** Documentary.
12.00 NOON **EFL** Leeds United v Southampton in the 2023/24 Championship play-off final. **1.00** PM Bolton Wanderers v Oxford United in the 2023/24 League One play-off final. **2.00** Action from Crawley Town v Crewe Alexandra in the 2023/24 League Two play-off final.
3.00 **EFL Greatest Games**
4.00 **Championship Retro** Leeds United v Derby County in 2019. **6.00** A chance to see West Ham United v Blackpool from 2011/12.
8.00 **150 Years of the Edinburgh Derby** Hearts v Hibernian.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** Liverpool v Manchester City in the 2016 final.
11.00 **1983: When Aberdeen Ruled Europe** Documentary.
12.00 M'T **Retro League One**
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **EFL**

Sky Sports Cricket

405 405 505 422 442

6.30 AM **Test Cricket** Highlights.
7.30 **Women's T20 World Cup**
8.00 **Test Cricket** Highlights.
9.00 **Women's T20 World Cup**
9.30 **Women's World Cup**
10.00 **Test Cricket Bitesize**
10.15 LIVE **Test Cricket** England v New Zealand. Coverage of the fourth day of the third and final Test in the series from Trent Bridge, Nottingham. The teams last met here in this format in 2022, when England claimed a five-wicket triumph.
7.00 PM **The Film Room: England v New Zealand** Action from 1997.
7.30 **Women's T20 World Cup**
8.00 **Test Cricket** England v New Zealand from Trent Bridge.
9.00 **Women's T20 World Cup**
9.30 **Test Cricket Bitesize**
9.45 **Women's T20 World Cup**
10.15 LIVE **Major League Cricket** LA Knight Riders v Seattle Orcas. Coverage of the T20 match from Oakland Coliseum.
2.15 **to 6.00** AM LIVE **Major League Cricket** San Francisco Unicorns v Washington Freedom. The T20 match from Oakland Coliseum.

Sky Sports Golf

406 406 506 423 443

6.00 AM **Women's PGA Championship** Italian Open.
11.00 LIVE **DP World Tour Golf** The fourth and final day of the Italian Open held at Circolo Golf Torino.
4.00 PM LIVE **Women's PGA Championship** Coverage of day four of the Major from Hazeltine National Golf Club in Minnesota.
9.00 LIVE **PGA Tour Golf** Coverage of day four of the Travelers Championship staged at TPC River Highlands in Connecticut. There have only been three non-American winners of this event since the turn of the century.
12.00 M'T **PGA Tour Golf**
1.00 AM **HotelPlanner Tour Golf**
1.30 **DP World Tour Golf**
2.00 **PGA Tour Golf** Highlights.
4.00 **School of Golf** Expert tips.
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **WTA & ATP Tennis**
1.00 PM **ATP Tennis** Mallorca Open.
3.00 **WTA Tennis** Bad Homburg Open.
4.00 **ATP Tennis** Mallorca Open final.
5.00 **ATP Tennis** Hamburg Open. **6.00** A review of the Halle Open.
7.00 **ATP Tour This Week**
7.30 **WTA Tennis** Bad Homburg Open final held at TC Bad Homburg.
8.30 **ATP Tennis** Mallorca Open final at Santa Ponsa Tennis Academy.
9.30 **ATP Tour This Week**
10.00 **ATP Tennis** The Stuttgart Open final at Tennis Club Weissenhof.
11.00 **WTA Tennis** Strasbourg Open final at Tennis Club de Strasbourg.
12.00 M'T **ATP Tennis** Highlights.
1.00 AM **ATP & WTA Tour Classics**
4.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **Premier League Review**
7.00 **Test Cricket Highlights**
8.00 LIVE **AFL** Fremantle Dockers v Gold Coast Suns. Coverage from Optus Stadium. Bounce-up **8.10am**.
11.00 **UEFA Conference League**
11.15 **TNT Sports Cricket Reload**
11.30 **The Gallagher PREM**
12.00 NOON LIVE **World Rally Championship** The Rally Greece special stage 17.
2.15 PM LIVE **Premiership Women's Rugby** Saracens v Trailfinders. Coverage of the final at Twickenham Stoop. Kick-off is at **3.00pm**.
5.30 **MLB Highlights**
6.30 LIVE **MLB** New York Mets v Philadelphia Phillies. Coverage of the National League game. Start-time **6.40pm**.
9.30 **MotoGP** GP of Netherlands.
10.30 **World Rally Championship**
11.00 **MLB Highlights**
12.00 M'T LIVE **MLB** Boston Red Sox v New York Yankees. The American League match. Start-time **12.20am**.
3.00 AM **Ultimate Pool** Highlights.
4.30 **to 6.00** AM **The Gallagher PREM**

TNT Sports 2

411 414 522 409 431

6.00 AM **British Superbikes**
7.00 **MotoGP** GP of Netherlands.
7.30 LIVE **MotoGP Rookies Cup** The Grand Prix of Netherlands.
8.30 LIVE **MotoGP** The Grand Prix of Netherlands warm-up sessions.
9.00 LIVE **MotoGP** Coverage of the Grand Prix of Netherlands Moto3 race staged at TT Circuit Assen.
11.00 LIVE **MotoGP** Coverage of the Grand Prix of Netherlands Moto2 race staged at TT Circuit Assen.
12.15 PM LIVE **MotoGP** Coverage of the Grand Prix of Netherlands MotoGP race at TT Circuit Assen.
3.00 LIVE **National Road Championship** Coverage of the men's elite road race.
6.30 **The Cycling Show**
7.00 **The Gallagher PREM**
9.00 **UFC** Another chance to see Rafael Fiziev v Manuel Torres.
12.00 M'T **UFC Main Event**
1.00 **International T20 Cricket Highlights** Ireland v India.
2.00 **The Gallagher PREM**
2.30 **Supercars Championship**
4.30 **World Rally Championship**
5.00 **to 6.00** AM **International T20 Cricket Highlights**

Sky Sports Action

412 410 510 426 446

6.00 AM **State of Origin**
7.05 LIVE **NRL** Newcastle Knights v Wests Tigers. Coverage of the match from the 17th round of fixtures staged at McDonald Jones Stadium. Kick-off is at **7.05am**.
9.05 **Darts Top 5 Moments**
9.10 **My Icon** Sporting influences.
9.30 **Super League** A match replay.
12.00 NOON **Super Bowl LX**
1.00 PM **NBA Basketball**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
4.45 **World Club Challenge**
5.00 **NFL Bitesize Highlights**
5.30 **NBA on Fire** The latest news.
6.00 **NFL Bitesize Highlights**
6.45 **NFL Highlights** Carolina Panthers v Seattle Seahawks.
7.45 **Super League** St Helens v Hull Kingston Rovers from 2025.
10.30 LIVE **Zuffa Boxing** Preliminary bouts for Zuffa Boxing 8 held at The Cosmopolitan of Las Vegas.
2.00 AM LIVE **Zuffa Boxing** Edwin De Los Santos v José Valenzuela. Coverage of the lightweight bout from The Cosmopolitan of Las Vegas.
5.30 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **EFL Greatest Games**
7.05 LIVE **NRL** Newcastle Knights v Wests Tigers. Coverage of the match from the 17th round of fixtures staged at McDonald Jones Stadium. Kick-off is at **7.05am**.
9.05 **My Icon** Sporting influences.
9.30 **World Cup Breakfast**
10.00 LIVE **Women's T20 Cricket World Cup** Bangladesh v South Africa. Coverage of the Group A match held at Lord's. The nations were also drawn in the same group as each other in the UAE two years ago, and the Proteas claimed a seven-wicket win when they faced each other in their final contest.
2.00 PM LIVE **Women's T20 Cricket World Cup** Australia v India. Coverage of the Group A match staged at Lord's.
6.00 LIVE **PGA Tour Golf** Coverage of day four of the Travelers Championship staged at TPC River Highlands in Cromwell.
12.00 M'T **EFL Greatest Games**
1.00 AM **Formula 1** From Monaco.
2.00 **to 6.00** AM **ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **Women's T20 World Cup**
8.00 **Test Cricket** Highlights.
9.00 **Women's T20 World Cup**
11.30 **PL Greatest Games**
11.45 **WTA Tennis** Berlin Open final.
12.45 PM **ATP Tennis** Halle Open final.
1.45 LIVE **PGA Tour Golf** Coverage of the featured groups on day four of the Travelers Championship at TPC River Highlands in Cromwell.
7.00 **Test Cricket** Highlights.
10.00 **Formula 1** Austrian Grand Prix.
11.00 **Women's T20 World Cup**
12.00 M'T **Test Cricket** Highlights.
3.00 AM **Formula 1** From Austria.
4.00 **PGA Tour Champions**
5.00 **to 6.00** AM **WTA Tennis**

TNT Sports 3

413 415 523 410 432

6.00 AM **UEFA Europa League**
6.15 LIVE **World Rally Championship** Rally Greece.
7.15 **UEFA Champions League**
7.30 LIVE **World Rally Championship** Rally Greece.
9.00 **Premier League Stories**
9.30 LIVE **The EE Disability FA Cup** Coverage of the CP Final.
12.00 NOON LIVE **The EE Disability FA Cup** The Powerchair Final.
1.45 PM LIVE **The EE Disability FA Cup** Coverage of the Deaf Final.
5.30 **Sign Up – Into Football**
6.30 **AFL** Two match replays.
9.30 **Premier League Review**
10.30 **Cycling National Road Championship** Highlights.
2.30 AM **FIM Speedway Grand Prix**
3.30 **British Superbikes Highlights**
4.30 **ABB FIA Formula E World Championship Highlights**
5.30 **to 6.00** AM **Mass Participation World**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Cycling Show**
6.30 **Women's Cycling National Road Championship**
8.30 LIVE **Cycling National Road Championship** Coverage of the women's elite road race in London.
12.45 PM LIVE **Cycling National Road Championship** The men's elite road race in Spain.
2.15 LIVE **Cycling National Road Championship** The men's elite individual road race in France.
4.15 LIVE **Cycling National Road Championship** Coverage of the men's elite road race in London.
6.30 **The Cycling Show**
7.00 **The Gallagher PREM**
9.00 **UFC** Rafael Fiziev v Manuel Torres.
12.00 M'T **UFC Main Event**
1.00 AM **UEFA Conference League**
1.15 **AFL** Two match replays.
4.15 **TNT Sports Cricket Reload**
5.00 **SailGP – Racing on the Edge**
5.30 **to 6.00** AM **UCI Mountain Bike World Series Review**

Premier Sports 1

419 APP 528

6.00 AM **Motorsport** Drew Gibson.
7.00 **Challenge Cup** A replay of Montpellier v Ulster in the final.
9.00 **Champions Cup Show**
9.30 **Top 14 Rugby Union**
11.30 **Sporting Greats**
12.00 NOON **Rugby Junior World Championships**
4.00 PM **Top 14 Rugby Union** Another chance to see the final.
6.00 **Sporting Greats**
6.30 **Rugby Junior World Championships** Highlights.
10.30 **Sporting Greats**
11.00 **DTM Motorsport Highlights** Action from the latest round of the season at Lausitzring.
12.00 M'T **Sporting Countdowns**
1.00 AM **Motorsport** Drew Gibson.
2.00 **Top 14 Rugby Union** Another chance to see the final.
4.00 **World of FreeSports**
4.30 **KOTV Weekly** Boxing news.
5.00 **to 6.00** AM **DTM Motorsport Highlights**

Premier Sports 2

420 APP 529

6.00 AM **Nations Championship** South Africa v Barbarians.
8.00 **Football's Greatest**
8.30 **Rugby Junior World Championships** A replay of New Zealand U20 v Japan U20. **10.30** Wales U20 v Georgia U20. **12.30** PM Another chance to see South Africa U20 v Uruguay U20.
2.30 **Temples of Sport**
3.00 **NASCAR O'Reilly Series** Highlights from Sonoma Raceway.
6.00 **Bike World** Magazine.
6.30 **NASCAR Highlights** Action from the Anduril 250.
7.30 LIVE **NASCAR** The Toyota/Save Mart 350, the latest round of the season staged at Sonoma Raceway in Sonoma, California.
12.30 AM **Bike World** Magazine.
1.00 **MotorSport** Valentino Rossi.
1.30 **NASCAR O'Reilly Series** Highlights from Sonoma Raceway.
4.30 **Michelin Le Mans Cup**
5.00 **to 6.00** AM **Motorsport**

Sky Sports F1

407 407 507 424 444

6.00 AM **British GT Championship**
7.00 **F1 Features**
7.35 LIVE **Formula 3** Austrian Grand Prix feature race in Spielberg.
8.40 **F1 Features**
9.05 LIVE **Formula 2** Austrian Grand Prix feature race at Red Bull Ring.
10.25 **F1 Features**
10.50 LIVE **Porsche Supercup** Coverage from Red Bull Ring.
11.40 **F1 Features**
12.30 PM LIVE **Formula 1** Austrian Grand Prix from Red Bull Ring in Spielberg. Start-time **3.00pm**.
5.00 **Ted's Notebook**
5.30 **Formula 1** Austrian Grand Prix.
8.45 **Ted's Notebook**
9.15 **Formula 1** From Austria.
10.15 **F1 Features**
11.00 **Formula 1** Austrian Grand Prix.
12.00 M'T **Formula 2** From Austria.
1.20 AM **George Russell IV**
1.30 **Formula 3** Austrian Grand Prix.
2.35 **F1 Features**
3.00 **to 6.00** AM **Formula 1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

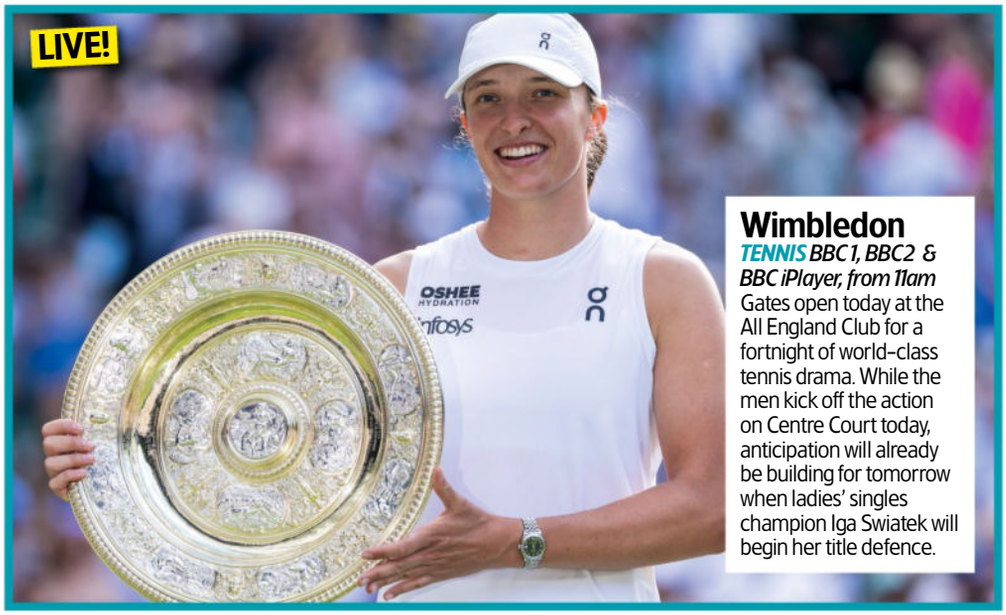
29 June

Planner

House of the Dragon

FANTASY DRAMA HBO Max & Sky Atlantic, 9pm

In the aftermath of the devastating Battle of the Gullet, Rhaenyra (Emma D'Arcy) takes stock of the Targaryen losses, while Ormund Hightower (James Norton) establishes his place in the dynastic war.



Wimbledon

TENNIS BBC1, BBC2 & BBC iPlayer, from 11am

Gates open today at the All England Club for a fortnight of world-class tennis drama. While the men kick off the action on Centre Court today, anticipation will already be building for tomorrow when ladies' singles champion Iga Swiatek will begin her title defence.

Terror on the Space Station

DOCUMENTARY

PBS America, 8.55pm

Astronauts who have worked and lived on the International Space Station talk about some of the terrifying incidents they have experienced, from meteor showers and gas leaks to spacewalk horrors.

Rolf Harris: Primetime Predator

DOCUMENTARY

Prime Video

This hard-hitting documentary looks at how decades of abuse by the late entertainer went unchecked for so long, with powerful, previously unheard accounts.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Wimbledon – Live: The concluding coverage of day one						10.00 News; Local News	10.40 Film: Mrs...
	102 BBC2	7.00 Villages by the...	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 The Gunpowder Plot: Lucy Worsley...		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.45 News	7.30 Emmerdale	8.00 Coronation Street	8.35 Vera				10.30 News
	104 CHANNEL 4	7.00 News		8.00 Dover 24/7: Britain's Busiest Port		9.00 24 Hours in A&E		10.00 999: On the Front Line	
	105 5	7.00 Motorway Cops: Catching Britain's...		8.00 Police Interceptors		9.00 Riptide		10.00 Aces of Tennis: The ATP No 1 Club	
	106 SKY ONE	7.00 The Simpsons		8.00 Agatha Raisin				10.00 Last Week Tonight with John Oliver	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60	7.30 EastEnders	8.00 Top Gear		9.00 Football's New Generation		10.10 Film: The Ministry of...	
	116 BBC4	7.00 University...	7.30 Only Connect	8.00 Cricket: Today at the Test		9.00 Film: Hockney			
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 G'wed
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 PopMaster TV		9.00 Bill Bailey's Vietnam		10.00 Bill Bailey: Thoughtifier	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck: Mediterranean		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Rookie		9.00 Law & Order: Special Victims Unit		10.00 Law & Order: Criminal Intent	
	108 SKY ATLANTIC		7.15 The White Lotus			9.00 House of the Dragon			10.15 The Last of Us
	110 U&GOLD	‹ 6.50 Red Dwarf		8.00 Keeping Up...	8.40 Dad's Army		9.20 Not Going Out	10.00 Red Dwarf	
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Law & Order: UK	
	120 ITV4	7.00 American Pickers		8.00 The Motorbike Show		9.00 Film: Hot Fuzz			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Stupid Central		10.00 Mr Bean	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Small Town, Big Story		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 The Brokenwood Mysteries				10.00 New Tricks	
	109 U&ALIBI	7.00 Unforgettable		8.00 Death in Paradise		9.00 Return to Paradise			10.20 Death in Paradise
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Live in Vienna					
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Kindig Customs		8.00 The Woodland Workshop		9.00 Maine Cabin Masters		10.00 Expedition X	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Great Hammerhead Invasion		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Amsterdam Central 24/7		9.00 Air Crash Investigation		10.00 Trafficked with Mariana Van Zeller	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets in the Ice		9.00 Secrets Declassified		10.00 The Proof Is Out There	
	155 U&YESTERDAY	7.00 Dom Chinea's Cornish Workshop		8.00 Canal Boat Diaries		9.00 Fake or Fortune?		10.00 Bangers & Cash	
	114 SKY DOCS	‹ 6.00 I Am Raquel Welch		8.00 Ghislaine Maxwell: Epstein's Shadow					

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Fraud Squad** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition From Ardingly, West Sussex. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 LIVE **Wimbledon** Coverage of day one of the Grand Slam tournament at the All England Club. *See feature, page 6.* (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the schedule will be: **5.00pm BBC News** (S) **5.15 Local News** (S) **5.30** LIVE **Football: World Cup** Group C winner v Group F runner-up: The round-of-32 match. Kick-off is at 6.00. (S) **8.50 BBC News** (S) **9.00** LIVE **Football: World Cup** Group E winner v Group A/B/C/D/F third-placed team: The round-of-32 match. Kick-off is at 9.30. (S) **12.00m't Weather for the Week Ahead** (S) **12.05am BBC News** (S) **1.45** LIVE **Football: World Cup** Group F winner v Group C runner-up: The round-of-32 match. Kick-off is at 2.00. (S) **4.15-6.00am BBC News** (S)

7 PM

7.00 LIVE **Wimbledon** Concluding coverage on day one of the Grand Slam tournament from the All England Club, as the men's and ladies' first-round singles matches continue. Home favourite Katie Boulter got off to a winning start on Centre Court 12 months ago with a 6-2, 3-6, 6-4 victory over ninth seed Paula Badosa. She was followed by Arthur Rinderknech and Alexander Zverez, who were level at 7-6, 6-7 after two sets when play was suspended for the day. (S)
■ *Today at Wimbledon* is on BBC2 at 11.00pm

8 PM

9 PM

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM **Mrs Brown's Boys D'Movie** Comedy spin-off starring Brendan O'Carroll and Jennifer Gibney. The indomitable Irish matriarch discovers that a plan is afoot by developers to buy the famous Dublin street market where her family have run a fruit and veg stall for generations. Assembling a band of eccentric allies, she plans to fight back, only to realise her daughter is not interested in taking over the family business. (S)(AD) (2014, 15, 90min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.10 AM **Weather for the Week Ahead**
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.00 AM **Garden Rescue** (S)(R)
6.45 **The Travelling Auctioneers** (S)(R)
7.30 **Sign Zone: Tiger Island** (S)(R)(AD)
8.30 **Sign Zone: See Hear: NHS Special** New edition (S)
9.00 **BBC News** (S)
9.45 **Politics Live** (S)
10.30 LIVE **Wimbledon** Coverage of the opening play on day one of the tournament from the All England Club, as the men's and ladies' first-round singles matches get under way. *See feature, page 6.* (S)
3.00 PM LIVE **Wimbledon** Further coverage of the opening day's play from the All England Club. (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the BBC2 schedule will be: **7.00-10.00pm** LIVE **Wimbledon** Concluding coverage on day one from the All England Club. (S)

11.00 Today at Wimbledon

7.00 **Villages by the Sea** From Northumberland. (S)(R)
7.30 **EastEnders** Will tries to help Billy in his battle with Bea. (S)(AD)
■ This week's episodes will be subject to change

8.00 **Sort Your Life Out with Stacey Solomon** The Brearly-Baird family turn to Stacey and the team for help transforming their cluttered three-bedroom home as mum Lynda faces an incurable breast cancer diagnosis. (S)(R)(AD)

9.00 **The Gunpowder Plot: Lucy Worsley Investigates** 2/4. The historian investigates the plot to blow up the Houses of Parliament and looks at what drove a group of Catholic conspirators to this radical act of extremism. (S)(R)(AD)

10.00 **Mortimer & Whitehouse: Gone Fishing** Bob and Paul head to the Lake District. (S)(R)(AD)
10.30 **Newsnight** (S)

11.00 **Today at Wimbledon** Highlights of the opening day's play. (S)
12.00 M'T **Cricket: Today at the Test** England v New Zealand: Action from the fifth day of the third and final Test at Trent Bridge. (S)(R)
1.05 AM **Sign Zone: See Hear: NHS Special** The experiences of deaf people accessing healthcare across the UK. (S)(R)
1.35 **Sign Zone: Countryfile** (S)(R)
2.30 **Sign Zone: Springwatch** (S)(R)
3.30 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.45 **ITV News** (S)
2.10 **Local News** (S)
2.15 **Dickinson's Real Deal** David Dickinson and the team visit Peterborough. (S)(R)(AD)
3.15 **Deal or No Deal** (S)(R)(AD)
4.14 **Regional Weather** (S)
4.15 **Tipping Point** Game show hosted by Ben Shephard.(S)(R)
5.15 **The Chase: The Bloopers** Bradley Walsh presents a compilation of outtakes. (S)(R)
6.15 **Local News** (S)
6.45 **ITV News** (S)

• *Alternative schedule* If ITV1 show today's World Cup matches, the schedule will be: **5.15pm** LIVE **Football: World Cup** Group C winner v Group F runner-up: Coverage of the round-of-32 match. Kick-off is at 6.00. (S) **8.35pm-12.05am** LIVE **Football: World Cup** Group E winner v Group A/B/C/D/F third-placed team: The round-of-32 match Kick-off is at 9.30. (S) **1.15-4.35am** LIVE **Football: World Cup** Group F winner v Group C runner-up: Coverage of the round-of-32 match. Kick-off is at 2.00. (S)

7.30 **Emmerdale** Charity makes a confession, Robert becomes suspicious, and Claudette is thrilled. (S)(AD)
■ This week's episodes will be subject to change

8.00 **Coronation Street** A desperate Megan sends Janine into the Rovers. (S)(AD)
■ This week's episodes will be subject to change
8.35 **Vera** *Tender:* DCI Stanhope investigates a puzzling case after the body of a sickly young girl is found in a railway siding in the middle of nowhere. The case soon turns up twists and turns that makes Vera question who this girl actually was, and ask if her weakened state allowed someone to take advantage of her. (S)(R)(AD)

10.30 **ITV News** (S)
10.50 **Local News** (S)

11.05 **Unbelievable Moments Caught on Camera** (S)(R)
12.05 AM **G'wed** 4/7. (S3) (S)(R)(AD)
12.35 **It'll Be Alright on the Night** (S)(R)
1.00 **Unwind with ITV** (S)
1.15 **Tipping Point** Game show. (S)(R)
2.05 **The Chase** Quiz show. (S)(R)
3.05 **Jason Atherton's Dubai Dishes** Dubai Creek. (S)(SL)(R)(AD)
4.05 **Deal or No Deal: Banker's Best Battles** Memorable games. (S)(R)
4.35 **Celebrity Lingo** Quiz show. (S)(R)
5.00 **Unwind with ITV** (S)
5.35 **to 6.00** AM **Fletchers' Family Farm** (S)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 10-12/27. (S9) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 1-4/24. (S10) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** A retired couple travel through Maghull, en-route to Liverpool. (S)(R)(AD)
5.00 **Chateau DIY** Paul and Debbie race against time to complete their tower stairwell. (S)(R)(AD)
6.00 **Four in a Bed** The first venue of the week is Hoopers Sandy Beach Guest Rooms in Swansea. (S)(R)
6.30 **Come Dine with Me** The first host in Bristol is hairdresser and mother-of-three Becky. (S)(R)

8.00 Dover 24/7: Britain's Busiest...

7.00 **News** (S)

8.00 **Dover 24/7: Britain's Busiest Port** New edition At the ferry terminal, police officers chase a man who has been spotted jumping out of a lorry, and port crews try to dock an unwieldy Spanish galleon. (S)(AD)

9.00 **24 Hours in A&E** New edition A painter and decorator drops 12ft from a ladder onto concrete, and a motorcyclist falls off while travelling at 100mph, with severe damage to a large proportion of his skin. (S)(AD)

10.00 **999: On the Front Line** Paramedics are called to a rare and unusual stomach condition that's left a patient in agony. On the night shift, a young man is intoxicated and passed out in the street. (S)(R)

11.05 **Secrets of Celebrity Sex Tapes** New edition 2/8. Pamela Anderson and Tommy Lee. (S)(AD)
■ Entire series on C4 streaming
12.05 AM **Inside Thailand's British Drug Gangs: Untold** (S)(SL)(R)(AD)
1.00 **Gypsy Rose: Life After Lock Up** 10&11/11. Double bill (S)(R)(AD)
2.40 NEW **Iris Prize Best British Shorts**
2.50 **Ramsay's Kitchen Nightmares USA** From Los Angeles. (S)(SL)(R)
3.40 **Couples Come Dine with Me** (R)
4.35 **Hollyoaks Omnibus** (S)(SL)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *Scared to Death:* 17/24 A young woman dies after watching a supposedly supernatural video. (S)(R)
3.55 **Castle** *The Wild Rover:* 18/24. The body of a baker is recovered from his industrial dough mixer. (S5) (S)(R)
4.50 **Love Nature** (S)(R)
5.00 **News** (S)
6.00 **Kent: The Garden of England** A celebration of the beauty of the county of Kent and the lives of those who live there. (S)(R)
6.55 **News** (S)

8.00 Police Interceptors

7.00 **Motorway Cops: Catching Britain's Speeders** In Newcastle, officers pursue – by car and helicopter – a group of motorbike riders going off-road. (S)(R)(AD)
7.55 **News** (S)

8.00 **Police Interceptors** New edition Dog handler Lucy and the firearms team investigate the burglary of an empty house, and discover the property is hiding a cannabis farm. *Previously scheduled for 22 June.* (S)

9.00 **Riptide** 1/4. Thriller starring Jo Joyner. When a man fails to return from his morning swim, police presume he has drowned, but his wife thinks something else might have happened. (S1) (S)(R)(AD)

10.00 NEW SERIES **Aces of Tennis: The ATP No 1 Club** 1/4. Documentary chronicling the obsession, sacrifice and relentless drive of the 29 men who have led the ATP's world tennis rankings, starting with the 1970s and 1980s. (S)
■ Continues tomorrow
11.05 **Police: Night Shift 999** (S)(R)
12.05 AM NEW SERIES **World Cup: Uncensored with Piers Morgan** Discussion. (S)
1.00 **Teleshopping** (S)(R)
2.30 **Inside Aldi: Britain's Biggest Budget Supermarket** (S)(R)
3.20 **Friends** (S1) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S4) (S)(R)
9.00 **The Flash** (S9) (S)(R)
10.00 **Will & Grace** (S7) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Wildlife ER** (S)(R)
1.00 PM **Hawaii Five-0** (S4) (S)(R)
3.00 **S.W.A.T.** (S6) (S)(R)(AD)
5.00 **The Simpsons** *Radio Bart:* Bart uses a radio transmitter to trick the townsfolk. (S)(R) **5.30** *Lisa the Greek:* Lisa feels neglected by Homer. (S)(R)
6.00 **The Office (US)** 9/22. Michael upsets the employees by monitoring the e-mails being sent out at the office. (S)(R) **6.30** 10/22. Michael decides to hold a Christmas party at the office. (S2) (S)(R)

10.00 Last Week Tonight

7.00 **The Simpsons** *Homer Alone:* Marge suffers a nervous breakdown and is packed off on holiday. (S)(R) **7.30** *Bart the Lover:* Mrs Krabappel tires of her lonely life and searches for love in the personal ads. (S)(R)

8.00 **Agatha Raisin** *Love from Hell:* 3/4. James vanishes after a blazing row with Agatha, leaving behind only a trail of blood and a dead body. Everyone is left fearing the worst and it is up to the detective to find out what happened and bring him home safely. Stars Ashley Jensen. (S3) (S)(R)(AD)

10.00 **Last Week Tonight with John Oliver** New edition Talk show in which the comedian takes a satirical look at a range of news and pop culture topics.
10.45 **James Acaster: Hecklers Welcome** A stand-up special by the comedian in which he explores his love-hate relationship with performing by accepting a healthy dose of heckling. (S)(R)
12.15 AM **Grimm** 1/22. (S5) (S)(R)
1.10 **The Force: North East** (S)(R)
2.00 **Best Medicine** New episode 5/13. Martin's bedside manner triggers a power cut. (S1) (S)
3.00 **Hawaii Five-0** (S4) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Rewind: 60 Years of Welsh Pop (S)(R) **11.10** FILM Mrs Brown's Boys D'Movie (S)(R)(AD) (2014, 15, 90min) ★★ **12.40-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Saolta's Gaolta (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Ffasiwn Drefn (AD) **12.30** Heno **1.00** Straeon Harri Parri **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cynefin **4.00** Awr Fawr **5.00** Stwnsh **6.00** Codi Hwyl (AD) **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Y Byd ar Bedwar **8.25** Garddio a Mwy New edition **8.55** Newyddion a'r Tywydd **9.00** Ffermio New edition **9.33** Y Tywydd **9.35** Ralio+ **10.05** Ar Brawf (AD) **11.05-11.40pm** Ffasiwn Drefn (AD)

TV&Streaming week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall gets close to a great white shark in South Africa.
7.30 **EastEnders** Priya begins to question Max's intentions.
8.00 **Top Gear** Jeremy Clarkson test-drives the Skoda Yeti.
9.00 **Football's New Generation** A new generation of England football players reflect on their journeys to the international stage.
10.10 FILM **The Ministry of Ungentlemanly Warfare** Wartime action comedy starring Henry Cavill and Alan Ritchson. During World War Two, a crack team of highly skilled soldiers are sent behind enemy lines. (2024, 15, 121 min) ★★★
12.00 M'T **Fake Friend: The Ticket Scammer**
1.00 AM **Joe Swash: Forgotten Young Dads**
2.00 **Top Gear** As 8.00pm.
3.00 **to 3.55** AM **Sort Your Life Out with Stacey Solomon**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **University Challenge** The quarter-finals continue.
7.30 **Only Connect** The Brasenose Postgrads take on the Hitchhikers.
8.00 **Cricket: Today at the Test** England v New Zealand: Action from the fifth day of the third and final Test in the series, held at Trent Bridge.
9.00 FILM **Hockney** Documentary exploring the life and career of acclaimed artist David Hockney, who died earlier this month at the age of 88. (2014, 15, 110min) ★★★★
10.45 **David Hockney: A Life in Art – The Interview** The artist talks to Katie Razzall.
11.10 **Hockney: Double Portrait** Documentary focusing on David Hockney's return to painting double portraits.
12.00 M'T **Face to Face with David Hockney**
12.40 AM **American Visions**
1.40 **Only Connect**
2.10 **to 3.15** AM **Music 625: Stravinsky Conducts Stravinsky**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions from Blackpool and Preston.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Ugly House to Lovely House with George Clarke** Transforming a property in Gloucestershire that is in such a shoddy state that neighbours have compared it to the house in *The Amityville Horror.*
6.55 **Location, Location, Location** A catch-up with two sets of house-hunters who needed room to grow.
7.55 **PopMaster TV** With contestants from Bedford, Cleethorpes, West Lothian, Shrewsbury and Cardiff.
9.00 **Bill Bailey's Vietnam** 1/6. The comedian travels across the country on the 50th anniversary of the withdrawal of US forces from Saigon. Bill meets a chef who was an asylum seeker during the war.
10.00 **Bill Bailey: Thoughtifier** The comedian's 2025 stand-up show recorded at the Edinburgh Playhouse.
11.05 **24 Hours in A&E** A 15-year-old has gone over the handlebars of his bike.
1.10 AM **999: On the Front Line**
2.15 **24 Hours in A&E**
3.20 **to 3.50** AM **The Perfect Pitch**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From South Yorkshire.
8.00 **Ramsay's 24 Hours to Hell and Back** Double bill.
10.00 **Below Deck: Mediterranean**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks**
7.00 **Hollyoaks** Leah pries into her friends' love lives.
7.30 **The Simpsons** *Pulpit Friction:* Homer is recruited to be a church deacon.
8.00 **Below Deck: Mediterranean** New edition An argument over a jet ski causes a major rift in the deck team.
9.00 **Gogglebox** Views on *MILF Manor* and *I Kissed a Girl*.
10.00 **Gogglebox** *Bridgerton* and *The Piano* are appraised.
11.05 **Open House: The Great Sex Experiment**
12.10 AM **Naked Attraction's Best Naughty Bits**
1.10 **Gogglebox**
2.15 **Below Deck: Mediterranean**
3.00 **Abbott Elementary**
3.25 **The Simpsons**
4.15 **Brooklyn Nine-Nine**
4.40 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 306 30 123 256

Monday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Brit Cops: Law & Disorder**
11.00 **Chicago Fire** 17/22. (S13)
12.00 NOON **FBI** (S7)
2.00 PM **The Rookie** 14/14. Nolan injures himself while chasing a shoplifter. (S3)
3.00 **Law & Order: Criminal Intent** 8/22. Logan and Falacci investigate the murder of a grand jury witness. (S7)
4.00 **Nothing to Declare**

9.00 Law & Order: SVU

7 PM — 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM — 8.00 **The Rookie** *The Hawke:* 6/20. The team set out on the search for Nolan's former mentor who has gone on the run. (S1)

9 PM — 9.00 **Law & Order: Special Victims Unit** New episode *Under the Influence:* 6/21. The squad investigate an assault at a party. (S27)

10 PM — 10.00 **Law & Order: Criminal Intent** *Semi-Professional:* 15/22. A legal clerk is found murdered in a judge's house. (S1)
11.00 **The Rookie** 10/14. (S3)
12.00 M'T **FBI** 8&9/22. (S7)
2.00 AM **FBI: International** 12/22. The team investigate the murder of an elderly man. (S2)
3.00 **Road Wars**
4.00 **UK Border Force**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Homicide: Life on the Street**
10.00 **Hacks** 4&5/10. (S5)
11.20 **House of the Dragon** (S1)
12.35 PM **Deadwood** 7&8/12. (S3)
2.45 **Django** 3/10. (S1)
3.50 **House of the Dragon** 9/10. Alicent enlists help to track down Aegon. (S1)
5.05 **Gomorrah** 7/12. O'Principe enjoys his rise to power as the head of the Camorristi. **6.10** 8/12. Ciro sets out to find the killer. Subtitled. (S2)

9.00 The House of the Dragon

7 PM — 7.15 **The White Lotus** *Amor Fati:* 8/8. Belinda negotiates a deal with Zion that could secure her future, Gaitok shares his plans with Mook, and Timothy comes up with a shocking plan for his family. (S3)

8 PM

9 PM — 9.00 **House of the Dragon** New episode 2/8. *Game of Thrones* prequel starring Matt Smith. *See feature, page 8.* (S3)

10 PM — 10.15 **The Last of Us** *Infected:* 2/9. Joel and Tess clash over Ellie's fate on their way to drop her off with a group of Fireflies. (S1)
11.20 **Task** 3/7. Aleah and Lizzie question Peaches' former co-workers and a raid leads Tom to a revelation. (S1)
12.25 AM **Hacks** 4&5/10. (S5)
1.45 **The White Lotus** (S3)
3.15 **Homicide: Life on the Street**
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.25 **Dress to Impress**
8.25 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.15 PM **Dinner Date**
1.15 **Celebrity Catchphrase**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** Reality series.
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

10.35 G'wed

7 PM — 7.00 **The Floor USA** New edition Contestants test their knowledge of blockbuster movies, pop stars, fitness and cooking.

8 PM — 8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9 PM — 9.00 **Love Island** New edition Relationship-based reality show in which singletons seeking a romance compete to find love.

10 PM — 10.05 **Love Island: The Debrief** New edition Daily *Love Island* reactions.
10.35 **G'wed** New episode *Christopher's Choice:* 4/7. A debating final reunites former friends. (S3)
11.15 **Family Guy** 20&14/22. (S3)
12.15 AM **American Dad!** (S3)
1.15 **Bob's Burgers** 16&14/22. (S13)
2.05 **Plebs** 4/6. (S1)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
8.40 **On the Buses**
9.10 **A Touch of Frost**
11.20 **Agatha Christie's Poirot**
1.35 PM **Midsomer Murders** *Habeas Corpus:* A wealthy landowner's body goes missing on the night of his death.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Stag at Bay:* David befriends a little girl. Guest stars Charlotte Church.

8.00 Midsomer Murders

7 PM — 6.55 **Heartbeat** *Full Circle:* Mike reunites an estranged family while investigating a puzzling spate of burglaries.

8 PM — 8.00 **Midsomer Murders** *The Blacktrees Prophecy:* A survivalist is found killed in his bombproof shelter and Barnaby unravels a dark conspiracy to reveal how far people will go to escape the end of the world.

9 PM

10 PM — 10.00 **Law & Order: UK** *Intent:* 5/6. A double murder seems to be a case of mistaken identity. Guest stars Samuel West. (S5)
11.00 **Law & Order: UK** 6/6. A 12-year-old boy is intimidated into keeping silent about the shooting of a woman. (S5)
11.50 **Shetland** 3/6. Perez heads to Glasgow to crack the case. (S5)
1.00 AM **Shetland** 4/6. (S5)
2.10 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Protectors**
7.00 **Magnum, PI**
8.05 **The Saint**
9.05 **Boon**
10.10 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **The Saint**
3.45 **Boon**
4.50 **The Champions** *To Trap a Rat:* The team look for a source of contaminated drugs.
5.55 **Minder** *All Quiet on the West End Front:* The Daleys move into corporate hospitality.

9.00 Hot Fuzz

7 PM — 7.00 **American Pickers** Mike Wolfe and Frank Fritz visit the 1890s home that once belonged to an opera singer.

8 PM — 8.00 **The Motorbike Show** Henry Cole follows British manufacturer Norton's bid to qualify for the Isle of Man TT races.

9 PM — 9.00 **FILM Hot Fuzz** Cop thriller spoof starring Simon Pegg and Nick Frost. An overachieving London police officer is transferred to a sleepy rural town and investigates a string of bizarre murders. (2007, 15, 115min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM
11.25 **Motorsport UK**
12.25 AM **The Protectors**
1.00 **The Derby Through the Years**
1.15 **The Saint**
2.15 **Minder** As 5.55pm.
3.10 **The Champions**
4.00 **Unwind with ITV**
4.35 **The Protectors**
5.25 **to 6.00** AM **Unwind with ITV**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: This Farming Life**
3.00 **Sign Zone: Landward**
3.30 **Sign Zone: Beechgrove Garden**
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Great Food Guys**
8.00 **The River** 3/6. Katie Scott prepares her horses for Kelso Races. **8.30** 4/6. The river bailiff team respond to reports of salmon poaching.
9.00 **The Agency: Unfiltered** New edition 5/6. Darby reveals a big secret **9.30** Series finale 6/6. Kirsten and Amy announce the winner.
10.00 **River City** New episode Callum's lies unravel.
10.30 **Two Doors Down** (S5)
11.00 **The Chief** 3/4. (S1)
11.30 PM **to 12.00** M'T **Janey and Ashley Get a Real Job**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Breeders** 1&2/10. (S1)
10.05 **Upright** 1&2/8. S2)
11.15 **Will & Grace** (S5)
12.15 PM **The Rehearsal** (S2)
1.40 **Upright** 1&2/8. (S2)
2.45 **Will & Grace** (S4)
3.45 **The Rehearsal** (S2)
5.00 **Community** (S3)
6.00 **Will & Grace** (S5)
7.00 **The Office (US)** (S2)
8.00 **Breeders** 1&2/10. (S1)
9.00 **Real Time with Bill Maher** New edition
10.10 **The Office Movers** New episodes 5/8. Everett takes on a job at Trisha's office, hoping it'll lead to her assigning Shazam a prestigious position on her roster. **10.50** 6/8. Everett and his crew take on their biggest job. (S2)
11.30 **I Love LA** 1/8. (S1)
12.05 AM **Breeders** (S1)
1.05 **Community** (S3)
2.05 **The Rehearsal** (S2)
3.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36
143 24 350 365

6.00 AM **Cirque du Soleil**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies: The Story of The Deer Hunter** Documentary.
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Guy Garvey: From the Vaults** Clips from 1988.
4.00 **Discovering**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Live in Vienna**
10.50 **Matthew Bourne's Edward Scissorhands**
12.30 AM **Isle of Wight Festival** Highlights.
2.30 **Up Late with Nicola Benedetti**
4.05 **Discovering**
5.05 **to 6.00** AM **Classic Movies: The Story of The Deer Hunter**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 24/26. (S4)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: The Next Generation** *The Best of Both Worlds – Part One:* 26/26. Picard is kidnapped. (S3)
8.00 **Police 24/7** Officers hunt for four wanted men.
9.00 **FBI: Most Wanted** (S2)
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S4)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Celebrity Catchphrase** Featuring Guz Khan, Angela Scanlon and Joel Corry.
2.00 **Tenable** Quiz show.
3.00 **The Celebrity Chase** A celebrity version of the quiz show hosted by Bradley Walsh.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show.
9.00 **Beat the Chasers** Bradley Walsh hosts the quiz as more hopefuls take on the Chasers.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.45 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Location, Location, Location** A catch-up with couples in Wiltshire and the West Midlands.
8.00 **George Clarke's Beautiful Builds** The architect helps some frequent movers make their house a home.
9.00 **Grand Designs** Kevin McCloud follows the progress of a 63-year-old man building an ambitious house on the Essex coast.
10.00 **24 Hours in A&E**
11.05 **Celebrity Gogglebox**
1.05 AM **Night Coppers**
2.10 **Emergency Helicopter Medics** Documentary.
3.10 **999: On the Front Line**
4.05 **to 5.10** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S2)
2.00 **Primeval** 1&2/6. (S5)
4.00 **Stargate SG-1** As 8.00pm.
5.00 **Star Trek: Voyager** 16/26. Part two of two. Janeway prepares for a daring mission to rescue Seven. (S5)
6.00 **Star Trek: Enterprise** 13/26. Trip is stranded on the dark side of a moon, where he must work with an alien. (S2)

2.00 Primeval

7.00 **Stargate Atlantis** *Inferno:* 19/20. The team meet a civilisation about to be destroyed by an erupting super-volcano. (S2)

8.00 **Stargate SG-1** *Forsaken:* 18/22. The team help a stranded ship's crew struggling for survival on a remote planet. (S6)

9.00 **Small Town, Big Story** *How Many People Does He Need?* 2/6. Wendy closes in on Seamus and his family. (S1)

10.00 **Grimm** *Heartbreaker:* 16/22. A Wesen preys on men attracted to her. (S4)
10.50 **The Walking Dead** *Conquer:* 16/16. Daryl runs into danger. (S5)
12.05 AM **Primeval** 6/7. Former ARC member Jenny Lewis helps the team on her wedding day. **12.55** 7/7. Danny returns with a warning for the team. (S4)
1.45 **The Walking Dead** (S5)
3.00 **Small Town, Big Story** (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S3)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 11/24. (S4)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Unforgettable** (S3)
1.00 PM **Death in Paradise** (S8)
2.00 **Murdoch Mysteries** (S3)
4.00 **The Mentalist** 11/24. (S4)
5.00 **Hudson & Rex** 4/20. A severed hand is found in a box of frozen cod. (S5)
6.00 **Father Brown** *The Red Death:* Lady Felicia's lavish New Year ball is ruined when a VIP guest is murdered.

9.00 Return to Paradise

7.00 **Unforgettable** *Cashing Out:* 4/13. Carrie goes undercover at an illegal casino to investigate a murder. (S3)

8.00 **Death in Paradise** *Murder Begins at Home:* 8/8. Jack discovers a dead body inside the locked police station. (S8)

9.00 **Return to Paradise** *Dead Bowl:* 5/6. A fatal shooting takes place at the Bushranger's Bowl. (S1)

10.20 **Death in Paradise** *She Was Murdered Twice:* 7/8. A company boss is killed during a team-building exercise. (S4)
11.40 **Death in Paradise** (S8)
1.00 AM **Hudson & Rex** (S5)
2.00 **Murdoch Mysteries** 9/13. Workers building a bridge across the Don River discover the well-preserved bodies of a man and a woman. (S3)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.45 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Red Dwarf**
1.00 PM **Keeping Up Appearances**
1.35 **Dad's Army**
2.15 **Porridge**
2.55 **The Green Green Grass**
3.30 **Are You Being Served?**
4.10 **Dad's Army**
4.50 **Keeping Up Appearances**
5.30 **Last of the Summer Wine**
6.50 **Red Dwarf**

5.30 Last of the Summer Wine

7.25 **Red Dwarf** Part two of three. When the ship's captain invites Rimmer to dinner, he douses himself with an aphrodisiac virus.

8.00 **Keeping Up Appearances** Hyacinth arranges a social event.
8.40 **Dad's Army** Mainwaring rises to the occasion when Walmington-on-Sea's power is cut off.
9.20 **Not Going Out** Lee and Daisy appear on quiz show *Pointless* together.

10.00 **Red Dwarf** Part three of three. The Dwarfers escape from their captors. **10.35** Lister mistakenly joins an army of convicts.
11.10 **Bottom** Eddie spends the pair's last £11.80 in savings on a copy of an adult magazine.
11.50 **Not Going Out** As 9.20pm.
12.30 AM **Men Behaving Badly**
1.00 **The Outlaws**
2.25 **Bottom** As 11.10pm.
3.00 **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **James May's Cars of the People** James charts the history of 4x4 vehicles.
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Cornwall**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Cornwall with Simon Reeve**
4.00 **Hairy Bikers Everyday Gourmets** Indulgent dishes.
5.00 **Rick Stein's Cornwall** Four editions, including at: **6.30** The chef visits Looe.

5.00 Rick Stein's Cornwall

7.00 **Mortimer & Whitehouse: Gone Fishing** The duo visit Burghley House.
7.40 **Would I Lie to You?** With Chris McCausland, Shirley Ballas, Steven Bartlett and Josie Gibson. **8.20** With, Jayde Adams, MIST, Ellie Simmonds and Laurence Llewelyn-Bowen.

9.00 **Have I Got a Bit More News for You** Steph McGovern hosts the quiz, with Carol Vorderman and Nabil Abdulrashid.

10.00 **QI XL** Guests Julia Zemiro, Tim Vine and Rob Brydon join regular panellist Alan Davies and host Stephen Fry.
11.00 **8 Out of 10 Cats Christmas Special** With Emily Atack.
12.00 M'T **Mock the Week: The History of...** Highlights of the topical comedy show.
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Jeremy Clarkson.
3.00 **to 4.00** AM **8 Out of 10 Cats**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.30 **Classic Holby City**
10.50 **Casualty**
11.50 **The Bill**
12.55 PM **Classic EastEnders**
2.15 **Tenko**
3.20 **Pie in the Sky**
4.20 **Lovejoy**
5.25 **Waiting for God**
6.00 **Last of the Summer Wine** Barry's car breaks down. **6.40** In the hope of avoiding a fuss, Clegg plans a quiet birthday lunch at a nice hotel.

8.00 Brokenwood Mysteries

7 PM — **7.20** **Last of the Summer Wine** The pals encounter an old friend renowned for his eccentricity.

8 PM — **8.00** **The Brokenwood Mysteries** Series finale *Diamonds Are a Girl's Best Friend:* 6/6. The theft of a family heirloom leaves Ray and Trudy Neilson with blood on their hands, as the team team uncover a web of lies and deceit. (S12)

9 PM

10 PM — **10.00** **New Tricks** *Romans Ruined:* The discovery of a Roman sword with traces of blood on it leads the team to a headless corpse.
11.20 **Silent Witness** *Change:* An ageing businessman's body is found, and while the police think he died of natural causes, Nikki suspects murder.
1.35 AM **Lovejoy**
2.25 **to 4.00** AM **The Brokenwood Mysteries**

+1 hour 243 316 60 260

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 18-20/20. (S17)
12.00 NOON **Law & Order**
6.05 PM **NCIS** *Misconduct:* 13/16. The team look into a biker killed in a hit-and-run incident. **7.05** *Unseen Improvements:* 14/16. A stolen laptop leads the team to Phineas's uncle. **8.00** *Blown Away:* 15/16. Members of an NCIS team are killed in an explosion. (S18)
9.00 **NCIS: Hawaii** New episode *Dead on Arrival:* 4/10. When a Navy pilot is found dead at a local military resort, the team go undercover to discover a criminal enterprise. (S3)
10.00 **Law & Order: Special Victims Unit** (S12&11)
1.50 AM **Blue Bloods** (S11)
2.45 **Bull** 13/20. (S4)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** A patient has a urinary tract infection.
8.00 **Casualty 24/7: Every Second Counts** A mini-heatwave results in an influx of patients at Barnsley Hospital.
9.00 **Ambulance: Code Red**
10.00 **A&E After Dark**
11.00 **Skin A&E**
12.00 M'T **999: Emergency Call Out** Documentary.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Traffic Cops**
10.00 **Police Interceptors**
11.55 FILM **Johnny Guitar** Western drama starring Sterling Hayden. (1953, PG, 110min) ★★★★
2.10 PM FILM **Backlash** Western adventure with Richard Widmark. (1956, PG, 84min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** PC Tommy Wade witnesses a Micra fly around a roundabout.
9.00 **Police Interceptors** The firearms team mobilise to tackle a suspect armed with a pistol.
10.00 **Highway Thru Hell**
11.00 **The X-Files** 8/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Antiques Road Trip**
3.00 **Tipping Point**
4.00 **The Supervet**
6.00 **DIY SOS: The Big Build** Adapting the home of a man who was brain-damaged in an attack. **7.00** The team transform the home of a family in Hessle, East Yorkshire.
8.00 **Pete Wicks: For Dogs' Sake** Pete meets Lurcher Terri, who is terrified of the world.
9.00 **999 Rescue Squad** HART staff must treat one of their own. **10.00** A huge explosion completely demolishes a block of flats.
11.00 **Antiques Road Trip**
1.00 **to 3.00** AM **Selena and Yolanda: The Secrets Between Them**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Secrets of the Transport Museum**
8.00 **Bangers & Cash**
10.00 **The World at War**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **The World at War**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Dom Chinea's Cornish Workshop** Dom makes the move of his life to the far west of Cornwall.
8.00 **Canal Boat Diaries** Robbie Cumming mends a leaky pump on the *Naughty Lass*.
9.00 **Fake or Fortune?** A work potentially by Canadian impressionist Helen McNicoll.
10.00 **Bangers & Cash**
12.00 M'T **Classic Car Garage**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Secrets of the Transport Museum**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Looe.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: What Happened Next**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** From Scotland.
8.00 **Antiques Road Trip**
9.00 **The Yorkshire Auction House** Angus Ashworth unearths an impressive collection of vintage toys. **10.00** Angus uncovers a rare coin collection and some vintage hair cutting gear.
11.00 **Help! My House Is Haunted** Triple bill
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

MONDAY Entertainment

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S2)
9.00 **Highway to Heaven**
11.00 **Little House on the Prairie** 5&8/22. (S9)
1.00 PM **The Waltons** (S3)
4.00 **Little House on the Prairie** 6&7/22. (S9)
6.00 **Ballykissangel** (S5)
7.00 **M*A*S*H** 7/25. Hot Lips disappears from camp. **7.30** 8/25. A depressed major visits the camp. **8.00** 9/25. Father Mulcahy seeks to understand the stresses of the battlefield. **8.30** 10/25. A North Korean surgeon poses a dilemma. **9.00** 11/25. Hawkeye and Potter visit a Korean hospital to help out. (S5)
9.35 **M*A*S*H** (S5)
1.30 AM **Rising Damp** (S3)
2.00 **Man About the House**
2.25 **A Fine Romance** (S1)
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM FILM **The Last Days of Frank and Jesse James** Western. (1985, PG, 99min) ★★★★
11.30 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM **Wanted: Dead or Alive** Double bill.
3.10 FILM **An Eye for an Eye** Drama. (1966, PG) ★★
5.10 FILM **NYC: Tornado Terror** Disaster movie. (2008, PG, 90min) ★★
7.10 FILM **The Ballad of Lefty Brown** Western. (2017, 15, 111min) ★★★
9.30 FILM **Driven** Thriller. (2018, 15, 113min) ★★★
11.50 FILM **Maximum Conviction** Thriller. (2012, 15, 93min) ★★
2.00 AM **Dragon Ball Super**
3.00 **Coast Guard Alaska**
3.45 FILM **Deadly Voltage** Action adventure. (2015, PG, 84min) ★★
5.15 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **An Aurora Teagarden Mystery: A Lesson in Murder** Crime drama. (2024, PG, 84min) ★★
10.05 **In Plain Sight** 7/15. (S2)
11.05 **Castle** 13/24. (S3)
12.05 PM FILM **Mystery 101: An Education in Murder** Crime thriller. (2020, PG, 84min) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 14/24. (S3)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** 8/15. (S2)
10.00 **The Chronicle Mysteries: Deep End**
11.55 FILM **White Hot: A Sandra Brown Mystery** Crime drama. (2016, PG, 89min) ★★
1.50 AM FILM **My Baby Gone** Thriller. (2017, PG) ★★
3.20 **to 5.00** AM FILM **The Bad Twin** Thriller. (2016, PG, 90min) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM FILM **Love Strikes Twice** (2017, PG) ★★
10.15 FILM **Royal New Year's Eve** (2017, U) ★★
12.10 PM FILM **A Bride for Christmas** Drama. (2012, PG, 90min) ★★
2.00 FILM **Christmas in My Heart** Romantic drama. (2021, PG, 84min) ★★
3.55 FILM **The Christmas Set Up** Festive drama. (2020, PG, 89min) ★★
5.50 FILM **A Holiday Wish Come True** Drama. (2018, U, 90min) ★★
7.50 FILM **Hometown Holiday** Festive drama. (2017, PG, 84min) ★★
9.40 FILM **Two Turtle Doves** Festive romantic drama. (2019, U, 89min) ★★
11.35 FILM **A Date by Christmas Eve** Comedy. (2019, PG, 93min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Christmas in My Heart**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **My Floating Home**
2.00 **Richard Wilson's Highland Fling**
3.00 **New Home DIY**
4.00 **Country House Auction**
5.00 **My Floating Home**
6.00 **Love Your Garden**
7.00 **LumoTV: DeSign**
7.30 **Queer Lives Today**
8.00 **Garden Rescue** A couple want to turn a garden into a meadow. **9.00** Transforming a garden full of weeds.
10.00 **LumoTV: DeSign**
10.30 **Queer Lives Today**
11.00 FILM **Girls Come First** Comedy starring John Hamill and Bill Kerr. (1975, 18, 43min) ★★
12.00 M'T FILM **Come Play with Me** Adult comedy. (1977, 18, 90min) ★★
2.00 AM FILM **Cool It, Carol!** Comedy with Janet Lynn. (1970, 18, 101min) ★★
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor at Large**
10.30 **Two's Company** (S3)
11.00 **The Fenn Street Gang**
11.30 **Agony** 6/7. (S3)
12.00 NOON **Randall and...**
1.00 PM **Hallelujah** (S2)
1.30 **The Gaffer** 3/6. (S1)
2.00 **Father Brown**
3.00 **Rewind Time Machine**
3.05 **We Had One of Those**
3.15 **Boon** 3/13. (S4)
4.20 **Further Out of Town**
5.00 **Stereo Underground**
6.00 **The Gaffer** (S1)
6.30 **Only When I Laugh**
7.00 **Two's Company** (S3)
7.30 **Doctor at Large**
8.00 **Randall and Hopkirk (Deceased)** 18/26. (S1)
9.00 **Drop the Dead Donkey**
10.00 FILM **Secrets of Sex** Comedy. (1970, 18) ★★
11.50 FILM **Emmanuelle in Soho** (1981, 18) ★★
1.10 AM **Stereo Underground**
2.10 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Mysterious Creatures with Forrest Galante**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Josh and Casey race to beat the coming ice pack.
9.00 **Dr Jeff: Rocky Mountain Vet** Jeff helps out rescued animals after Hurricane Harvey.
10.00 **The Zoo** Malayan tigers Suhanna and Rimba struggle to breed.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **River Cottage Every Day** Affordable dishes.
7.00 **The Hairy Bikers' Comfort Food**
8.00 **Delicious Miss Brown**
9.00 **Jamie Oliver: Together**
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **James Martin's Spanish Adventure** The chef is introduced to carcamusa in Castilla-La Mancha. **10.00** How migas is made in Extremadura.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 4/28. (S1)
9.00 **T.J. Hooker** 22/23. (S4)
10.00 **Babylon 5** 15/23. (S1)
11.00 FILM **Dragonquest** Fantasy adventure. (2009, 12, 90min) ★★
1.00 PM FILM **Jesse James the Unstoppable Outlaw** Adventure. (2018, 12, 80min) ★★
2.30 FILM **McLintock!** Comedy western. (1963, U, 127min) ★★★
5.00 **Star Trek** 6/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 16/23. (S1)
8.00 **Walker, Texas Ranger**
9.00 FILM **Man of Tai Chi** Martial arts adventure starring Tiger Hu Chen. (2013, 15, 100min) ★★★
11.10 FILM **Jiu Jitsu** Thriller. (2020, 15, 102min) ★★
1.15 AM FILM **Backtrace** Crime thriller. (2018, 15, 92min) ★★★
3.10 **to 5.00** AM FILM **Mojave** Thriller. (2015, 15) ★★★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Meteor Moon** Sci-fi action adventure. (2020, PG, 80min) ★★
11.00 **Andromeda** 7/22. (S3)
12.00 NOON FILM **Troy: The Odyssey** Fantasy. (2017, PG, 90min) ★★
2.00 PM FILM **The Gambler** Musical drama. (1980, PG, 95min) ★★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Apocalypse Pompeii** Disaster movie. (2014, 15, 87min) ★
7.00 **Andromeda** 8/22. (S3)
8.00 **The A-Team** 3/23. (S2)
9.00 FILM **We Were Soldiers** Wartime drama starring Mel Gibson. (2002, 15, 137min) ★★★
11.45 FILM **Sword of Vengeance** Adventure. (2014, 15, 83min) ★★
1.35 AM FILM **The Asphyx** Horror. (1973, 15) ★
3.20 FILM **Apocalypse Pompeii** As 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Stoke.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Junk & Disorderly**
9.20 **Storage Hunters**
1.05 PM **Pawn Stars**
2.05 **Junk & Disorderly: Henry's Wreck-trospective** Compilation.
3.05 **Money for Nothing**
4.05 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Storage Wars Canada**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal**
9.00 **History's Greatest Mysteries** Double bill.
11.00 **Mysteries Unearthed with Danny Trejo**
12.00 M'T **Discovered by Disaster** Documentary.
1.00 AM **Alien Files: Unsealed**
2.00 **Mysteries from Above**
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Dogs Behaving (Very) Badly**
10.00 **Amazing Railway Adventures with Nick Knowles** Malaysia.
11.00 **Ben Fogle: New Lives in the Wild** Canada.
12.00 NOON **All Creatures Great and Small** (S1)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **Britain's Greatest Bridges** Humber Bridge.
6.00 **Secrets of the Sun with Dara O Briain**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Spain with Michael Portillo** A visit to Ibiza.
10.00 **PD James: An Unsuitable Job for a Woman**
11.05 **Prisoner: Cell Block H**
1.10 AM **The Yorkshire Vet**
2.10 **Amazing Railway Adventures with Nick Knowles** Vietnam.
3.10 **to 4.00** AM **Britain's Greatest Bridges**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **Classic Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** With Jade Jones, Aljaz Skorjanec, Arthur Smith and Paul Young.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **Mock the Week: Summer Specials**
10.00 **Unacceptable First Look** A sneak peek at the comedy panel show hosted by Ed Gamble.
10.15 FILM **Clueless** Satirical teen comedy starring Alicia Silverstone as a smart, pretty and rich Beverly Hills teenager who takes a 'clueless' girl under her wing. With Paul Rudd. (1995, 12, 97min) ★★★★
12.15 AM **Mike & Molly**
1.15 **Dr Pimple Popper**
2.15 **My 600lb Life**
4.15 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S8)
9.00 **Everybody Loves Raymond** (S7)
12.00 NOON **The Upper Hand**
1.00 PM **Friends** (S1)
9.00 NEW SERIES **Stupid Central** Babatunde Aléshé presents comical clips from the internet. **9.30** New episode Badly behaved dogs and door-cam disasters.
10.00 **Mr Bean** Double bill.
11.00 **Utopia** New episode *Story Time:* 6/8. Jim and Rhonda force Tony to fast-track a regional project. (S5)
11.35 **Whose Line Is It Anyway? USA**
12.35 AM **Most Ridiculous**
1.35 **South Park** (S3)
2.35 **Alan Carr Live: Spexy Beast** Stand-up show.
3.30 **Kerry Godliman: Bandwidth** Stand-up.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7)
6.50 **The Culture Capsule**
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Very Christmassy...**
11.00 **Friends**
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S7)
7.00 **Michael McIntyre's Very Christmassy Christmas Show**
8.00 **The Upper Hand** (S1)
9.00 **Friends**
2.00 AM **Michael McIntyre's Very Christmassy...**
3.00 **Most Ridiculous**
3.50 **Rosie Jones Tries to Help** With Ed Gamble.
3.55 **New Girl** (S4)
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.15 **Bread** 3/14. (S5)
10.50 **Steptoe and Son** (S6)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S2)
12.40 **Man About the House**
1.05 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 9/13. Drama. (S2)
2.50 **Minder** 4/13. (S2)
3.50 **Whatever Happened...**
4.25 **Man About the House**
4.55 **Bread** 3/14. (S5)
5.30 **Birds of a Feather** (S11)
6.00 **That's 60s**
6.05 **Rising Damp** 2/8. (S2)
6.40 **Steptoe and Son** (S6)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 8/13. (S8)
9.00 **Benidorm** 2/7. (S3)
10.00 **Shameless** 9/11. (S2)
11.00 **Man About the House**
11.30 **Mind Your Language**
12.05 AM **Benidorm** 2/7. (S3)
1.05 **Minder** 4/13. (S2)
2.00 **Duty Free** 6/7. (S2)
2.25 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

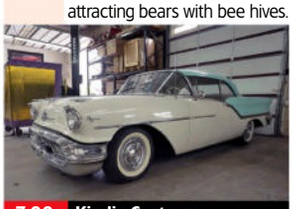
6.00 AM **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy**
6.00 **Help! I'm in a Secret Relationship!**
7.00 **Beauty and the Geek Australia** A surprise double elimination.
8.30 **Judge Judy**
9.00 **Skin A&E**
10.00 **Tattoo Fixers** Helping a man whose tribute to his beloved mother went drastically wrong.
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Lolo are pushing truck safety to its limits.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Maine Cabin Masters**
12.00 NOON **Filthy Fortunes**
1.00 PM **Crikey! It's the Irwins**
3.00 **How It's Made: Dream Cars** Four editions, including at: **4.30** A look at the Bentley Continental GT Speed.
5.00 **Alaska: Homestead Rescue** A homestead is threatened by coyotes and extreme heat. **6.00** A homesteader is attracting bears with bee hives.



7.00 Kindig Customs

7.00 Kindig Customs Dave tackles an Oldsmobile and he comes up with a stylish design that keeps the car's charm.

8.00 The Woodland Workshop Alex attempts to create a surf-themed lounger for a record-breaking paddle boarder.

9.00 Maine Cabin Masters Chase and his team work on a family camp on the New Meadows River.

10.00 Expedition X Heather and Phil continue their study of occult activity in Poland, and investigate Nazi strongholds.

11.00 **Expedition X** Heather and Phil track down a legendary creature that has terrorised French locals for centuries.
12.00 M'T **Caught!** Double bill.
1.00 AM **Maine Cabin Masters**
2.00 **Expedition X** As 10.00pm.
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Preposterous Pets**
10.00 **Tanked** A pipeline water tank.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat that attacks a gentle, senior feline. **4.00** Jackson tries to tame a stray with an aggressive streak.
5.00 **Lone Star Law** The wardens relocate a 500lb alligator.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Nichols treats a cat that was injured in a fight with the dog.

7.00 Treehouse Masters

7.00 Treehouse Masters Pete is in New York's Catskill Mountains to construct a glasshouse in the sky.

8.00 Great Hammerhead Invasion The mysteries of why giant hammerhead sharks congregate off the coast of Florida.

9.00 Alaska: The Last Frontier The Kilchers make inventive home-made Christmas gifts.

10.00 Alaskan Bush People The wolfpack is on high alert after shots are fired, causing property damage on the shores.

11.00 **The Haunted** A girl is attacked by an invisible entity.
12.00 M'T **Crikey! It's the Irwins** Robert wrangles a highly venomous king cobra.
1.00 AM **Intruders**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Engineering Europe**
11.00 **Car S.O.S**
12.00 NOON **Seconds from Disaster**
1.00 PM **Air Crash Investigation**
2.00 **Nazi Megastructures: Battle Ready** Hitler's inner circle.
3.00 **Erased: WWII Heroes of Colour** Documentary.
4.00 **Best of the World with Antoni Porowski** Series finale Antoni returns to New York.
5.00 **Drain the Oceans**
6.00 **World War II: Secrets from Above** Documentary series.

8.00 Amsterdam Central 24/7

7.00 Air Crash Investigation A private jet goes out of control in South Dakota, and air traffic control are unable to contact it.

8.00 Amsterdam Central 24/7 New edition At Christmas, a snowstorm brings the station to a complete standstill.

9.00 Air Crash Investigation The loss of Adam Air Flight 574, which crashed into the Java Sea, off Indonesia, in 2007.

10.00 Trafficked with Mariana Van Zeller New edition Series highlights, focusing on the underground drug trade around the world.

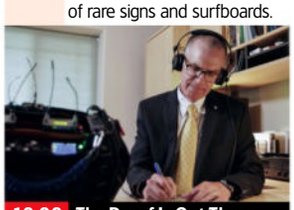
11.00 **Air Crash Investigation**
12.00 M'T **Toronto Airport Uncovered** Documentary.
1.00 AM **Airport Security: Rome**
2.00 **To Catch a Smuggler**
2.30 **Trafficked** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Hardcore Pawn**
9.15 **Pawn Stars** Documentary.
10.10 **Storage Wars** Four editions.
12.00 NOON **The UnXplained with William Shatner**
1.00 PM **Secrets Declassified with David Duchovny**
2.00 **Digging for Britain** Four editions, including at: **5.00** Archaeological digs in the west of Britain, where finds include a Viking camp.
6.00 **American Pickers** Mike makes moves on a bonanza of rare signs and surfboards.



10.00 The Proof Is Out There

7.00 Forged in Fire Cameras head to the remote New Agrarian School in the wilderness of Bigfork, Montana.

8.00 Secrets in the Ice The case of an abandoned military radar station in the Arctic that looked like an apocalyptic nightmare.

9.00 Secrets Declassified with David Duchovny New edition The actor explores some of history's strangest weapons.

10.00 The Proof Is Out There: Unexplained Edition New edition An eerie noise tormenting the residents of Brooklyn.

11.00 **What on Earth?** Documentary exploring anomalies appearing on satellite images.
12.00 M'T **Digging for Britain**
2.00 AM **World War II with Tom Hanks** New editions Double bill of the series exploring the key events of World War Two.
4.00 **Secrets Declassified with David Duchovny** As 9.00pm.
5.00 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Seventies**
7.00 **Discovering: Dustin Hoffman**
8.00 **The Directors**
9.00 **The Movies**
9.55 **Charlie Hustle & the Matter of Pete Rose**
11.00 **Spector**
12.00 NOON **Be Water**
2.00 PM **Schmeichel**
4.00 **The Directors** Profile of former goalkeeper Peter Schmeichel.
5.00 **Discovering: Dustin Hoffman**
6.00 **I Am Raquel Welch** Documentary celebrating the life of the trailblazing actor.

6.00 I Am Raquel Welch

7.45 My Icon: Denise Lewis The former British heptathlete speaks about the figures who have been an inspiration to her.

8.00 Ghislaine Maxwell: Epstein's Shadow 1/3. The complicated and mysterious life of the former socialite.

9.00 Ghislaine Maxwell: Epstein's Shadow 2/3. The story of how Ghislaine went to New York and fell in love with Jeffrey Epstein.

10.00 Ghislaine Maxwell: Epstein's Shadow 3/3. How the former socialite left Epstein to distance herself from his crimes.

11.00 **Dart Kings** 1-3/3. A look at the sport during the 1970s, 1980s and 1990s.
2.00 AM **Adam Hills: Foot Fault** A campaign to promote para-standing tennis.
3.10 **King of Lies: Football's Greatest Con** The story of fraudster Russell King.
5.00 **to 6.00** AM **Discovering: Dustin Hoffman**

Monday

7 PM

8 PM

9 PM

10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Opal Hunters**
12.00 NOON **Outback Truckers** Documentary.
1.00 PM **Johnny Vegas' Little Shop of Antiques**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** A book collection.
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **Shed and Buried: Classic Cars** In Bath.
9.00 **Shed and Buried** New editions Double bill.
10.00 **MotoGP Highlights**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Lady Killers**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV** The case of Cynthia Langrall.
9.00 **The Killer in My Family** Relatives of serial killer Bobby Joe Long reveal how his crimes impacted the family.
10.00 **Deadliest Mums & Dads** Shafilea Ahmed.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK**
8.00 **UK Crime Files: The Party Killer** The case of Charlotte Pinkney, who vanished after a party.
9.00 **UK Crime Files: Wrongful Revenge** Exploring the case of Colin Gunn, who ordered two murders.
10.00 **Donal MacIntyre's Killer Evidence** Police get a frantic call from a man saying his wife has been killed.
11.00 **New Scotland Yard Files** David Morley.
12.00 M'T **UK Crime Files: The Party Killer**
1.00 AM **UK Crime Files: Wrongful Revenge**
2.00 **Donal MacIntyre's Killer Evidence**
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Merseyside Wheelchair Murderer** Linda Anders.
9.55 **UK Crime Files: The Blackpool Poisoner**
11.00 **48 Hours** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Kidnap and Murder of an Heiress** Muriel McKay.
3.00 **UK Crime Files: Dating App Murder**
4.00 **Secrets of a Murder Detective** Sian Blake.
5.00 **Medical Detectives** A neighbour witnesses a man drown his wife. **5.30** A house fire turns out to be no accident. **6.00** Police search for a man who committed several crimes in 1957. **6.30** Investigators piece together tiny clues.
7.00 **Judge Judy**
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My Village** Kerry Owen.
1.00 PM **Catching the Killer**
2.00 **World's Most Evil Killers**
3.00 **How I Caught the Killer**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Murders That Shocked the Nation**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **The Real CSI: Miami**
10.00 **What the Killer Did Next** Joy Morgan.
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **Murder Uncut**
2.00 **Murdered at First Sight**
3.00 **Britain's Most Evil Killers**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of...**
8.50 **The Rise and Fall...**
10.00 **Thirties in Colour**
11.00 **Terror on the Space Station** As 8.55pm.
12.05 PM **The Bush Years**
1.00 **Grand Tours of the...**
1.55 **The Rise and Fall...**
3.00 **Thirties in Colour**
4.00 **Terror on the Space Station** As 8.55pm.
5.10 **Grand Tours of the Scottish Islands**
5.50 **The Bush Years**
6.45 **The Rise and Fall of the Rust Belt**
7.55 **Thirties in Colour**
8.55 NEW SERIES **Terror on the Space Station** 1/2. Terrifying moments on the International Space Station. *See feature, page 21*.
10.00 **The Bush Years**
11.00 **Thirties in Colour**
12.00 M'T **Terror on the Space Station** As 8.55pm.
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Orangutan Jungle School**
9.00 **Great Blue Wild**
10.00 **Mysteries of the Mekong**
11.00 **Africa's Hunters**
12.00 NOON **Wild Birds of Australia**
1.00 PM **Monkey Life**
2.00 **Orangutan Jungle School**
3.00 **Great Blue Wild**
4.00 **Mysteries of the Mekong**
5.00 **Africa's Hunters**
6.00 **Wild Birds of Australia**
7.00 **Monkey Life** Double bill.
8.00 **Wild Sky** Cameras capture footage of the biggest marine feeding frenzy on Earth.
9.00 **Wild Latin America** An orphaned bear must fend for itself in Peru's mountains.
10.00 **Wild Birds of Australia**
11.00 **Africa's Hunters**
12.00 M'T **A Wild Year on Earth**
1.00 AM **Hope for Wildlife**
2.00 **Wild Sky** As 8.00pm.
3.00 **Wild Latin America**
4.00 **Orangutan Jungle School**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Crimes That Shook Britain**
9.00 **Combat Ships**
10.00 **History's Greatest Aircraft**
11.00 **Ancient Aliens**
1.00 PM **Digging for Britain**
6.00 **Ultimate Mysteries**
7.00 **Crimes That Shook Britain** Victims and police discuss the shocking crimes of Rolf Harris.
8.00 **Hitler's Engineers** The role that planners, designers, architects and builders played in shaping World War Two, thus helping Adolf Hitler retain power, starting with Albert Speer.
9.00 **The Proof Is Out There** The suggestion that a picture taken in the 1890s is the first Bigfoot photo ever.
10.00 **Killer Kings** Uncovering the truth about six formidable kings throughout history, beginnin with Henry VIII.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Crimes That Shook Britain**
2.00 **Digging for Britain**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **Truth Behind the Moon Landing** Triple bill of editions.
11.00 **Alaska Mega Machines**
1.00 PM **Blowing Up History**
3.00 **How the Universe Works**
6.00 **How It's Made: Dream Cars**
8.30 **How Do They Do It?**
9.00 **Truth Behind the Moon Landing** Investigating whether the Apollo 1 fire that killed three astronauts was a cover-up. **10.00** Experts investigate if the Nazis were involved in the Apollo space programme.
11.00 **NASA's Unexplained Files** Geysers are discovered on a frozen moon, NASA redirects a probe on a mission to find proof of life, and a future US president is eyewitness to a UFO. **12.00** M'T Astronomers discover a potentially habitable planet that appears to be remarkably close to Earth.
1.00 AM **How the Universe Works**
4.00 **Codes and Conspiracies**
5.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitives Caught on Tape**
9.30 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Judge Rinder**
2.00 PM **Green Eyed Killers**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48**
8.00 **Green Eyed Killers** New edition A young woman is found murdered in Florida.
9.00 **Murder at the Motel** Blood evidence and a palm print reveal a violent struggle.
10.00 **Look What You Made Me Do** Detectives investigate when a mother-of-three vanishes.
11.00 **The Death Investigator with Barbara Butcher**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Atlanta** Documentary.
2.00 **The Death Investigator with Barbara Butcher** New edition
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Exotic Animal ER**
10.00 **Monster Fish**
11.00 **Fish Tank Kings**
12.00 NOON **Secrets of the Zoo: North Carolina** Documentary.
1.00 PM **Europe from Above**
2.00 **Heartland Docs**
3.00 **Fish Tank Kings**
4.00 **Pond Stars**
5.00 **To Catch a Smuggler**
6.00 **Yukon Vet** Dr Oakley treats an elk before moving three baby bison to their new home.
7.00 **The Incredible Dr Pol Compilation** New editions A look back at series highlights **8.00** Highlights from the documentary series, featuring memorable feline patients.
10.00 **Northwoods Survival** The homesteaders race to complete projects before winter sets in.
11.00 **To Catch a Smuggler**
12.00 M'T **When Sharks Attack**
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Fish Tank Kings**

Discovery History

161/172 147 181

7.00 AM **To Live or Die on Everest**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The mysteries surrounding the formation of supermassive black holes.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** Explaining the science behind the rules of the universe.
8.00 **To Live or Die on Everest** How deadly weather claimed 11 lives on Mount Everest in 2019.
9.00 **Legendary Locations**
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Secrets of the London Underground** Four editions.
1.00 PM **Secrets of the London Underground** Four editions.
5.00 **Citizen Smith**
8.15 **Citizen Smith** Wolfie decides to step in when Shirley's father loses his job, but he ends up doing more harm than good. Stars Robert Lindsay. **8.55** The chief of the Tooting Popular Front is released from prison, but it is not long before he is back to his old ways. **9.35** When the State gives Wolfie a job, the Brothers are so outraged they stage a protest outside the employment office. **10.15** Wolfie puts his revolutionary actions on hold as he attends a music audition in the hope of becoming a pop star. **10.55** The Tooting Popular Front gathers international support when a visitor from Spain arrives at Wolfie's flat.
11.30 **Citizen Smith**
5.25 **to 6.00** AM **Villages by the Sea**

+1hour 266 376

ID

154 140 166

8.00 AM **Evil Lives Here**
12.00 NOON **Does Murder Sleep?**
1.00 PM **American Monster**
3.00 **Murder in the Heartland**
7.00 **Evil Online** The case of Nicole White, who was in the middle of a bitter custody battle when she vanished in June 2015. **8.00** After meeting a woman online, radio DJ Alan Lee Lama moved across the country to be with her. However, he soon became caught up in a bizarre love triangle.
9.00 **Faking It: Tears of a Crime** The murders of Zoe Evans and Nisha Patel-Nasri.
10.00 **American Monster** Tymeir shines as the loving son, but his brother's jealousy boils over.
11.00 **Feds** The FBI attempt to infiltrate El Salvadorian gang MS13 and put an end to escalating violence in the city.
12.00 M'T **The Real Murders on Elm Street** Double bill.
2.00 AM **Murder in the Heartland**
4.00 **to 6.00** AM **Evil Online**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead Master Mechanic**
3.00 **Sydney Harbour Patrol**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Iron Resurrection**
6.00 **Wheeler Dealers World Tour**
7.00 **Shed and Buried**
8.00 **Iron Resurrection** Danny and Penny need Joe's help to get their award-winning 1955 big-window truck on the road.
9.00 **Outback Truckers**
10.00 **World's Biggest Shipbuilders**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Iron Resurrection**
1.00 AM **Richard Hammond's Workshop** Richard eyes a classic Bentley driven with synthetic fuel at Goodwood.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

7.05 AM **The SpongeBob Movie: Search for SquarePants**
8.50 **Carolina Caroline** As 10.00pm.
10.40 **Strung** As shown at 6.00pm.
12.40 PM **Mile End Kicks** As 8.00pm.
2.40 **LifeHack** Thriller with Georgie Farmer. (2025, 15, 97min)
4.20 **The SpongeBob Movie: Search for SquarePants** Animated comedy adventure. (2025, PG, 88min) ★★★
6.00 **Strung** Thriller starring Chloe Bailey. (2025, 15, 119min)

10.00 Carolina Caroline

8.00 **Mile End Kicks** Romantic comedy starring Barbie Ferreira. A young woman moves to Montreal to write a book about Alanis Morissette, but falls for two band members instead. With Devon Bostick and Stanley Simons. (2025, 15, 111 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Carolina Caroline** Crime thriller starring Samara Weaving and Kyle Gallner. A young woman joins a charismatic con man on the run, leaving a trail of crime and passion. (2025, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Black Phone 2** Horror thriller sequel starring Ethan Hawke. (2025, 18, 114min) ★★★★
1.50 AM **No Ordinary Heist** Thriller. (2026, 15, 99min) ★★★
3.35 **Dead Man's Wire** Thriller. (2025, 15, 104min) ★★★★
5.25 **to 7.05** AM **The Internship** Thriller. (2026, 15, 87min)

Sky Cinema Hidden Gems

303 303 403 503 517

6.00 AM **The Alto Knights** Drama. (2024, 15, 123min) ★★★
8.05 **InnerSpace** Comedy thriller. (1987, PG, 119min) ★★★
10.10 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
12.00 NOON **The Fifth Element**
2.10 PM **Opus** Comedy thriller. (2025, 15, 104min) ★★★★
4.00 **Demolition Man** Sci-fi action thriller with Sylvester Stallone. (1993, 15, 114min) ★★★
6.00 **Sisu: Road to Revenge** (2025)

8.00 The Fifth Element

8.00 **The Fifth Element** Luc Besson's sci-fi fantasy adventure starring Bruce Willis and Milla Jovovich. A 23rd-century New York taxi driver and an enigmatic young woman race to save the planet from an evil force. (1997, PG, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Nobody 2** Comedy thriller sequel starring Bob Odenkirk. A former assassin takes his family on a holiday, but finds himself in the crosshairs of a bloodthirsty crime boss. (2025, 15, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Long Kiss Goodnight** Thriller starring Geena Davis. (1996, 18, 120min) ★★★★
2.05 AM **Sisu: Road to Revenge** Action adventure sequel. (2025, 15, 89min) ★★★★
4.05 **to 6.10** AM **Boyz N the Hood** Oscar-nominated drama. (1991, 15, 111 min) ★★★★★

Sky Cinema Drama

310 310 410 510 524

7.25 AM **The Cinema List: Remakes**
7.45 **A Good Person** Drama. (2022, 15, 129min) ★★★★
10.05 **...And Justice for All** Satirical comedy. (1979, 15, 119min) ★★★
12.15 PM **Widow Clicquot** Drama. (2023, 15, 90min) ★★★★
1.55 **The Cut** As shown at 12.15am.
3.40 **The Choral** Wartime comedy drama starring Ralph Fiennes. (2025, 15, 113min) ★★★★
5.35 **Moneyball** Fact-based sports drama. (2011, 12, 133min) ★★★★
8.00 **The Blind Side** Fact-based drama starring Sandra Bullock. A wealthy white woman adopts a homeless black teenager and spurs him on to sporting success. With Quinton Aaron. (2009, 12, 129min) ★★★
10.20 **Lost in Translation** Sofia Coppola's bittersweet romantic comedy drama starring Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★
12.15 AM **The Cut** Psychological thriller starring Orlando Bloom. (2024, 12, 99min) ★★★
2.05 **The Brutalist** Epic drama. (2024, 18, 215min) ★★★★★
5.30 **to 7.20** AM **Don't Let's Go to the Dogs Tonight** Drama. (2024, 15, 99min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.55 AM **Cloverfield** Offbeat disaster movie. (2007, 15, 81 min) ★★★
8.30 **Anaconda** Jungle adventure. (1997, 15, 89min) ★★★
10.15 **Salem's Lot** Horror thriller. (2024, 15, 109min) ★★★
12.15 PM **After Earth** Sci-fi adventure starring Will and Jaden Smith. (2013, 12, 98min) ★★
2.00 **Nosferatu** Horror thriller. (2024, 15, 132min) ★★★★
4.15 **Constantine** Supernatural thriller starring Keanu Reeves. (2005, 15, 121 min) ★★★
6.20 **The Nun** Horror starring Taissa Farmiga and Demián Bichir. (2018, 15, 96min) ★★★
8.00 **Pitch Black** Sci-fi chiller starring Vin Diesel, Radha Mitchell and Cole Hauser. (1999, 15, 108min) ★★★★
9.55 **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*, starring Vin Diesel. (2004, 15, 119min) ★★★
12.00 M'T **Riddick** Sci-fi thriller sequel. (2013, 15, 122min) ★★★
2.00 AM **Smile 2** Horror sequel. (2024, 18, 127min) ★★★★
4.10 **Sky Cinema Preview**
4.45 **to 6.45** AM **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.20 AM **Super Charlie** Animation. (2025, PG, 82min) ★★★
8.50 **Monster Trucks** (2016) ★★★
10.50 **Transformers One** Animation. (2024, PG, 104min) ★★★★
12.40 PM **Chicken Run** Animation. (2000, U, 84min) ★★★★
2.10 **Paddington in Peru** Comedy. (2024, PG, 106min) ★★★★
4.00 **Lemony Snicket's A Series of Unfortunate Events** Fantasy. (2004, PG, 103min) ★★★★
6.00 **The BFG** (2016, PG) ★★★★

4.00 A Series of Unfortunate...

8.00 **The Angry Birds Movie** Animated spin-off from the video game series, with the voices of Jason Sudeikis, Josh Gad, Danny McBride, Maya Rudolph and Bill Hader. (2016, U, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **The Angry Birds Movie 2** Animated comedy sequel featuring the voice of Peter Dinklage. The flightless birds and scheming green pigs take their war to the next level. (2019, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **Harriet the Spy** Adventure. (1996, PG, 97min) ★★★★
1.10 AM **The Last Airbender** Fantasy starring Noah Ringer. (2010, PG, 103min) ★★
2.55 **Look Who's Talking Now** Comedy sequel starring John Travolta. (1993, 12, 95min) ★
4.35 **to 6.00** AM **Open Season 2** Animated comedy sequel. (2008, PG, 73min) ★★★

Sky Cinema Action

306 306 407 507 521

7.10 AM **Bad Boys** Action comedy. (1995, 15, 118min) ★★★
9.15 **The Meg** Action thriller. (2018, 12, 113min) ★★★
11.10 **Venom: The Last Dance** Fantasy. (2024, 15) ★★★
1.10 PM **Gladiator II** Drama sequel. (2024, 15, 148min) ★★★
3.40 **The Mummy** Adventure. (1999, 15, 124min) ★★★★
5.45 **The Mummy Returns** Action adventure sequel. (2001, 12, 129min) ★★★★

10.00 Kong: Skull Island

8.00 **The Mummy: Tomb of the Dragon Emperor** Adventure sequel starring Brendan Fraser. The husband-and-wife explorers join a quest to stop the mummy of an ancient Chinese Emperor from conquering the world. (2008, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Kong: Skull Island** Action adventure starring Tom Hiddleston. A secret mission to a mysterious island descends into chaos when the wildlife proves far from welcoming. (2017, 12, 118min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Morbius** Adventure. (2022, 12, 104min) ★★
1.55 AM **High Plains Drifter** Western. (1972, 18) ★★★★
3.45 **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
5.15 **Sky Cinema Preview**
5.45 **to 7.30** AM **Vendetta** Action thriller. (2022, 15, 96min) ★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **Spinal Tap II: The End Continues** (2025, 15) ★★★
8.30 **Jackie Chan's The Tuxedo** Action comedy. (2002, 12) ★★
10.20 **Yesterday** (2019, 12) ★★★
12.30 PM **Big Daddy** Comedy. (1999, 12, 95min) ★★★
2.10 **Beverly Hills Cop** Comedy thriller. (1984, 15) ★★★★
4.00 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
6.00 **Mamma Mia! Here We Go Again** (2018, PG) ★★★★

6.00 Mamma Mia! Here We Go...

8.00 **Eddie the Eagle** Biopic of British underdog ski jumper Eddie Edwards, who became a national sensation during the 1988 Winter Olympics. Stars Taron Egerton, Hugh Jackman and Christopher Walken. (2016, PG, 103min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Risky Business** Comedy drama with Tom Cruise. A teenager turns his house into a high-class brothel while his parents are away. (1983, 18, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
1.40 AM **Blades of Glory** Comedy. (2007, 12, 93min) ★★★
3.15 **Gremlins 2: The New Batch** Horror comedy sequel. (1990, 12, 107min) ★★★
5.15 **to 6.50** AM **So I Married an Axe Murderer** Comedy thriller. (1993, 15, 92min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Hallow Road** Thriller. (2025, 15, 80min) ★★★★
7.30 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
9.30 **The Bourne Supremacy** Spy thriller. (2004, 12) ★★★★
11.20 **The Bourne Ultimatum** Spy thriller. (2007, 12) ★★★★
1.20 PM **The Bourne Legacy** Spy thriller. (2012, 12, 129min) ★★★
3.40 **Jason Bourne** (2016, 12) ★★★
5.50 **Sherlock Holmes** Adventure. (2009, 12, 128min) ★★★★

10.10 Captain Phillips

8.00 **Sherlock Holmes: A Game of Shadows** Guy Ritchie's adventure sequel starring Robert Downey Jr. Sherlock Holmes and Dr Watson strive to thwart Professor Moriarty, the evil genius behind a wave of assassinations and bombings across Europe. (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Captain Phillips** Fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its veteran captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Falling Down** Controversial drama with Michael Douglas. (1993, 18, 115min) ★★★★
2.40 **The Krays** Crime drama. (1990, 18, 119min) ★★★
4.50 **to 6.35** AM **Night Call** Thriller. (2024, 15, 97min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Gunman's Walk** Western. (1958, PG, 95min) ★★
12.55 PM **A Foreign Affair** Billy Wilder's comedy drama. (1948, b/w, PG, 116min) ★★★
3.10 **The Violent Men** Western. (1955, PG, 96min) ★★★
5.05 **The Man from Laramie** Western. (1955, U) ★★★
7.10 **Save Yourselves!** Sci-fi comedy starring Sunita Mani. (2020, 15, 93min) ★★★

9.00 Big Trouble in Little China

Save Yourselves! (film started at 7.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Big Trouble in Little China** Fantasy adventure starring Kurt Russell as a two-fisted truck driver caught in a supernatural gang war beneath the streets of San Francisco's Chinatown. With Kim Cattrall and Dennis Dun. (1986, 15, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.00 **Bone Tomahawk** Western horror starring Kurt Russell and Patrick Wilson. An elderly sheriff and his posse set out to rescue townsfolk abducted by cannibalistic cave-dwellers. (2015, 18, 132min) ★★★★
1.40 **to 3.55** AM **Friends with Benefits** Romantic comedy with Justin Timberlake and Mila Kunis. (2011, 15, 105min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

6.40 AM **King Ivory** Thriller. (2024, 15, 130min) ★★★
8.55 **All the Devils Are Here** (2025)
10.30 **Cookster: The Darkest Days** Drama. (2024, 15, 119min) ★★★
12.30 PM **The Plague** As 1.15am.
2.15 **Plainclothes** As 9.45pm.
4.00 **On Swift Horses** Drama. (2024, 15, 119min) ★★★
6.00 **A Big Bold Beautiful Journey** Drama. (2025, 15, 109min) ★★★

8.00 **The Ballad of Wallis Island** Comedy drama written by and starring Tim Key and Tom Basden, with Carey Mulligan, Sian Clifford and Akemnji Ndifornyen. (2025, 12, 100min) ★★★★
9.45 **Plainclothes** Romantic thriller with Tom Blyth and Russell Tovey. An undercover agent assigned to lure and arrest gay men defies orders when he falls for a target. (2025, 15, 95min) ★★★
11.25 **Pillion** Dark romantic comedy. (2025, 18, 107min) ★★★

1.15 AM **The Plague** Psychological thriller starring Joel Edgerton. (2025, 15, 98min) ★★★★
3.00 **All the Devils Are Here** Thriller. (2025, 15, 87min) ★★★★
4.35 **to 6.05** AM **Man Finds Tape** Horror starring Kelsey Pribilski. (2025, 15, 84min) ★★★★

Sky Cinema Greats

307 307 404 504 518

6.00 AM **The Naked Gun** Spoof. (1988, 15, 85min) ★★★★
7.30 **The Naked Gun 2½: The Smell of Fear** Spoof thriller sequel. (1991, 15, 81min) ★★★
9.00 **The Naked Gun 33⅓: The Final Insult** (1994, 12) ★★★
10.25 **Billy Madison** Comedy. (1995, PG, 90min) ★★
12.00 NOON **Free Willy** Adventure. (1993, U, 112min) ★★★★

1.55 PM **Jumanji** Fantasy adventure. (1995, PG, 104min) ★★★★
3.40 **Jurassic Park** Steven Spielberg's monster thriller. (1993, PG, 127min) ★★★★★
5.50 **The Karate Kid** Martial arts adventure with Ralph Macchio. (1984, 12, 127min) ★★★★
8.00 **The Karate Kid Part II** Martial arts adventure sequel with Ralph Macchio. (1986, PG, 113min) ★★
9.55 **The Karate Kid: Part III** Martial arts adventure sequel with Ralph Macchio. (1989, PG, 111min) ★

11.50 **The Next Karate Kid** Adventure sequel. (1994, PG, 104min) ★★
1.40 AM **Babe** Comedy drama. (1995, U, 92min) ★★★★★
3.20 **Stuart Little** Fantasy adventure. (1999, U, 84min) ★★★★★
4.55 **Sky Cinema Preview**
5.55 **to 8.10** AM **The Karate Kid**

Disney+ Cinema

305 305

6.00 AM **The Tigger Movie** Cartoon. (2000, U, 77min) ★★★
7.25 **Duck Tales the Movie: Treasure of the Lost Lamp** Animated family adventure. (1990, U, 73min) ★★★
8.45 **Mulan** Animated adventure. (1998, U, 88min) ★★★
10.15 **Frozen** Animated musical featuring the voice of Kristen Bell. (2013, PG, 108min) ★★★★

12.00 NOON **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy. (2005, PG, 140min) ★★★★
2.25 PM **Big Hero 6** Animation. (2014, PG, 102min) ★★★★
4.10 **Monsters, Inc** Animation. (2001, U, 95min) ★★★★★
5.45 **Up** Animated comedy. (2009, U, 96min) ★★★★★
7.25 **WALL•E** Animated adventure. (2008, U, 98min) ★★★★★
9.00 **Black Swan** Psychological thriller. (2010, 15, 108min) ★★★

10.50 **The Avengers** Adventure. (2012, 12, 137min) ★★★★
1.10 AM **The Grand Budapest Hotel** Comedy. (2014, 15) ★★★★★
2.55 **(500) Days of Summer** Comedy. (2009, 12, 95min) ★★★★
4.30 **to 6.00** AM **The Haunted Mansion** (2003, PG) ★★

Movies 24

312 313 419

7.00 AM **CrimeTime: Freefall** Mystery. (2024, PG, 90min) ★★
9.00 **Mystery Island: House Rules** Drama with Elizabeth Henstridge. (2024, PG, 84min) ★★
11.00 **Sense and Sensibility** Drama. (2024, U, 84min) ★★
1.00 PM **Betty's Bad Luck In Love** Comedy. (2024, PG, 84min) ★★
3.00 **Love Served Here** Romantic drama. (2023, PG, 84min) ★★

5.00 **Love's Playlist** Romantic comedy. (2023, PG, 85min) ★★
7.00 **Love Marks the Spot** Romantic adventure starring Annika Foster and Andrew Biernat. (2023, PG, 86min) ★★
9.00 **Adventures in Love & Birding** Romantic drama starring Rachel Boston and Andrew Walker. A single mother agrees to partner a bird enthusiast in a competition, but tells everyone she is his new girlfriend. (2025, PG, 84min) ★★

11.00 **Love and Penguins** Romantic comedy. (2022, PG, 90min) ★★
1.00 AM **A Scottish Love Scheme** Drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Savoring Paris** Drama. (2024, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **The Vise** 11/39. (S1)
6.30 **Two Wives at One Wedding** Drama starring Gordon Jackson. (1961, b/w, U, 66min) ★★★
7.50 **McLintock!** Comedy Western with John Wayne and Maureen O'Hara. (1963, U, 127min) ★★★
10.30 **Z Cars** 15/28. (S9)
11.30 **Star Performance** 24/41. (S4)
12.00 NOON **Sergeant Cork** 2/4. (S5)
1.05 PM **Richard the Lionheart** (S1)

1.35 **The Runaway Bus** Comedy. (1954, b/w, U, 78min) ★★★
3.05 **Hook, Line and Sinker**
3.30 **Home at Seven** Thriller. (1952, b/w, PG, 82min) ★★★
5.15 **Look at Life**
5.30 **The Directors** Howard Hawks.
6.30 **The Veil** 10/12. (S1)
7.00 **The Footage Detectives**
8.00 **Maigret** 3/4. (S2)
9.55 **Mother Love** 4/4. (S1)
11.05 **The Lawless Years** 6/18. (S1)
11.35 **Up Pompeii** Comedy with Frankie Howerd. (1971, 15, 90min) ★★

1.25 AM **Murders in Avignon** French crime drama. Subtitled. (2016, 15, 87min) ★★★
3.25 **Turn of Fate** 1/36. (S1)
3.55 **Cinebox Memories**
4.00 **Star Treatment Show**
4.30 **Honey West** 27/30. (S1)
5.00 **to 6.00** AM **The Rogues**

Monday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
10.00 **Test Cricket Bitesize** England v New Zealand in the fourth day of the third and final Test in the series staged at Trent Bridge.
10.15 LIVE **Test Cricket England v New Zealand.** Coverage of the fifth day of the third and final Test in the series staged at Trent Bridge, Nottingham. England have won their last three Tests at this venue, defeating today's opponents in 2022, before overcoming West Indies two years later and beating Zimbabwe in 2025.
7.00 PM **World Cup Report** Daily guide to the tournament, with the latest updates from the knockout stage. Three matches are taking place today, with last-32 ties being staged in Houston, Boston and Monterrey.
10.00 **World Cup Report** A round-up of the latest news from the World Cup in Mexico, Canada and the USA, with updates on the latest last-32 game in Boston.
12.00 M'T **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **FNF** Liverpool v Bournemouth.
9.30 **Premier League Highlights**
11.00 **SNF** Wolverhampton Wanderers v Manchester City held at Molineux.
11.30 **Premier League Highlights**
1.00 PM **MNF Hlts** Leeds United v Everton staged at Elland Road.
1.30 **FNF** West Ham United v Chelsea.
2.00 **Premier League Highlights**
3.30 **SNF** Action from Arsenal v Leeds United held at Emirates Stadium.
4.00 **Premier League Highlights** Everton v Brighton & Hove Albion. **4.30** Crystal Palace v Nottingham Forest staged at Selhurst Park. **5.00** Fulham v Manchester Utd.
5.30 **MNF Hlts** Newcastle United v Liverpool from St James' Park.
6.00 **Premier League Review** A review of the 2025/26 season.
8.00 **Netbusters** Fast-paced highlights using alternative angles.
9.00 **Premier League Review**
11.00 **Premier League Years**
1.00 AM **PL Retro** Manchester United v Arsenal from 2002.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup** Manchester United v Southampton in the 2017 final.
11.00 **Celtic's Invincibles**
12.00 NOON **EFL** Sheffield United v Sunderland in the 2024/25 Championship play-off final. **1.00** PM Charlton Athletic v Leyton Orient in the 2024/25 League One play-off final. **2.00** Action from AFC Wimbledon v Walsall in the 2024/25 League Two play-off final at Wembley.
3.00 **EFL Greatest Games**
4.00 **Championship Retro** Aston Villa v Derby in the 2018/19 Championship play-off final.
6.00 **Henrik Larsson: 20 Years On** The former Celtic striker talks about his time at the club.
7.00 **SPFL** The best goals of 2010/11.
7.30 **SPFL Greatest Games**
8.00 **SPFL Highlights** Action from Ross County v Rangers.
8.15 **SPFL Greatest Games**
12.00 M'T **Championship Retro** Leeds United v Derby County in 2019.
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2020 final.
5.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

6.30 AM **Women's T20 World Cup**
8.00 **Test Cricket** Highlights.
9.00 **The Film Room: England v New Zealand** Action from 1997.
9.30 **Women's T20 World Cup**
10.00 **Test Cricket Bitesize**
10.15 LIVE **Test Cricket England v New Zealand.** The fifth day of the third and final Test in the series from Trent Bridge.
7.00 PM **Best of ICC WT20**
7.30 **Women's T20 World Cup**
8.00 **Test Cricket** England v N Zealand.
9.00 **Women's T20 World Cup**
9.30 **Test Cricket Bitesize**
9.45 **Best of ICC WT20**
10.00 **Test Cricket** England v N Zealand.
11.00 **Women's T20 World Cup**
11.30 **Test Cricket Bitesize**
11.45 **Best of ICC WT20**
12.00 M'T **Women's T20 World Cup**
12.30 AM **Test Cricket** Highlights.
1.30 **Women's T20 World Cup**
2.00 **Test Cricket Bitesize**
2.15 **Best of ICC WT20**
2.30 **Test Cricket** England v N Zealand.
3.30 **Women's T20 World Cup**
4.00 **Test Cricket Bitesize**
4.15 **Best of ICC WT20**
4.30 **Women's T20 World Cup**
5.00 **to 6.00** AM **Test Cricket**

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour Champions**
7.00 **PGA Tour Golf**
12.00 NOON **Women's PGA Championship** The fourth day.
5.00 PM **Chronicles of a Champion Golfer** Profiles of leading players.
6.00 **HotelPlanner Tour Golf**
6.30 **DP World Tour Golf**
7.00 **PGA Tour Golf** The fourth day of the Travelers Championship.
8.00 **PGA Tour Champions** Action from the Principal Charity Classic.
9.00 **Women's PGA Championship**
10.00 **PGA Tour Golf** The fourth day of the Travelers Championship at TPC River Highlands in Cromwell.
11.00 **HotelPlanner Tour Golf**
11.30 **PGA Tour Golf** Highlights.
12.30 AM **DP World Tour Golf**
1.00 **Golf Academy** Expert tips.
2.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP Tennis** Hamburg Open.
7.00 **US Open Classic Matches**
8.00 **ATP & WTA Tour Classics**
10.00 **Best of Federer** Archive action.
11.00 **WTA & ATP Tennis**
3.30 PM **US Open Classic Matches**
5.30 **WTA Tennis** A review of the Dubai Tennis Championships.
6.00 **Best of Federer** Archive action.
7.00 **US Open Classic Matches**
8.00 **Best of Serena Williams**
10.00 **US Open Classic Matches** Andy Murray v Rafael Nadal in 2008.
11.00 **ATP Tennis** The Dallas Open final from Ford Center at The Star.
12.00 M'T **WTA & ATP Tennis**
3.00 AM **ATP & WTA Tour Classics**
4.00 **Best of Federer** Archive action.
5.00 **to 6.00** AM **ATP & WTA Tour Classic Matches**

TNT Sports 1

410 413 521 408 430

6.00 AM **Premiership Women's Rugby** Action from the final.
7.30 **MotoGP** GP of Netherlands.
11.00 **UEFA Europa League Goals**
11.15 **UEFA Conference League**
11.30 **UEFA Champions League**
11.45 **The Match That Changed Tennis** Action from 2012.
12.45 PM **International T20 Cricket**
1.00 **UEFA Conference League**
1.15 **UEFA Europa League Goals**
1.30 **UEFA Champions League**
1.45 **Test Cricket Highlights** Action from West Indies v Sri Lanka.
2.45 LIVE **Test Cricket West Indies v Sri Lanka.** Coverage of the fifth and final day of the first Test staged at Sir Vivian Richards Stadium, Antigua.
11.00 **MLB Highlights**
12.00 M'T LIVE **MLB Cleveland Guardians v Texas Rangers.** Coverage of the American League match from Progressive Field, as the two sides play the first game in a three-match series. Start-time 12.10am.
3.00 AM **UEFA Europa League & Conference League Magazine**
5.00 **to 6.00** AM **Premier League Review**

TNT Sports 2

411 414 522 409 431

6.00 AM **Cycling National Road Championship** From Spain.
8.00 **Cycling National Road Championship** From France.
10.00 **Cycling National Road Championship** From London.
12.00 NOON **MLB Highlights**
1.00 PM **The Gallagher PREM** A chance to see Northampton Saints v Exeter Chiefs in the final.
2.30 **The Gallagher PREM**
4.30 **Premiership Women's Rugby** Another chance to see Saracens v Ealing Trailfinders in the final.
6.00 LIVE **Ultimate Pool** Coverage of the Group 3 matches in the Champions League tournament, as four players compete in a series of round-robin matches to earn a place in the Super 8's.
9.30 **SailGP – Racing on the Edge**
10.00 **Wimbledon** Highlights from the opening day of the tournament.
11.30 **WRC Review** Rally Greece.
12.30 AM **Supercars Championship Highlights** Days one and two of the Darwin Triple Crown.
2.30 **Wimbledon** The first day.
4.00 **Tennis: French Open**
5.00 **UEFA Champions League**
5.30 **to 6.00** AM **SailGP**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
10.00 **Zuffa Boxing** Edwin De Los Santos v José Valenzuela.
11.00 **NBA Basketball** Houston Rockets v Los Angeles Lakers.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** Philadelphia Eagles v Los Angeles Rams.
4.00 **Super League Highlights**
4.45 **World Club Challenge** Bitesize highlights of Wigan Warriors v Penrith Panthers from 2024.
5.00 **NFL Bitesize Highlights**
5.30 **NBA on Fire** The latest news.
6.00 **NBA Basketball** Another chance to see Minnesota Timberwolves v Golden State Warriors. **8.00** A replay of Golden State Warriors v Los Angeles Clippers.
10.00 **NFL Bitesize Highlights** Seattle Seahawks v San Francisco 49ers. **10.15** Denver Broncos v Buffalo Bills from Empower Field. **10.30** Highlights of New England Patriots v Pittsburgh Steelers. **10.45** Action from San Francisco 49ers v Seattle Seahawks.
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **Women's Super League**
1.30 **World Club Challenge**
1.45 **to 6.00** AM **Super League**

Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
8.00 **Super League** Another chance to see Leeds Rhinos v St Helens from AMT Headingley Stadium.
10.45 **EFL Greatest Games** Swindon Town v Sheffield United in the 2014/15 League One play-off semi-final at the County Ground.
11.00 **World Cup Matchday** In-depth analysis and discussion on the latest World Cup matches.
7.00 PM **World Cup Report** Daily guide to the tournament, with the latest updates from the knockout stage. Three matches are taking place today, with last-32 ties being staged in Houston, Boston and Monterrey.
12.00 M'T **EFL Greatest Games** Cardiff City v Bristol City in 2016/17. **12.15** AM Burton Albion v Birmingham City from 2016/17. **12.30** Birmingham City v Aston Villa in 2016/17 at St Andrew's. **12.45** Wolverhampton Wanderers v Derby County from 2016.
1.00 **Formula 1** Action from the Barcelona-Catalunya Grand Prix at Circuit de Barcelona-Catalunya.
2.00 **to 6.00** AM **ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **Women's T20 World Cup**
7.00 **Formula 1** Austrian Grand Prix.
8.00 **WTA & ATP Tennis**
10.00 **Premier League Darts**
2.00 PM **PL Greatest Games**
3.00 **Formula 1** Austrian Grand Prix.
4.00 **Women's T20 World Cup**
4.30 **WTA & ATP Tennis**
6.30 **Women's T20 World Cup**
8.00 **Formula 1** The Austrian Grand Prix at Red Bull Ring in Spielberg.
9.00 **Women's T20 World Cup** England v New Zealand in the Group B match at The Kia Oval.
9.30 **WTA Tennis** Berlin Open final.
10.30 **ATP Tennis** Halle Open final.
11.30 **Women's T20 World Cup** Australia v Netherlands in the Group A game at Hampshire Bowl.
12.00 M'T **Premier League Darts**
4.00 AM **PL Greatest Games**
5.00 **to 6.00** AM **WTA Tennis**

TNT Sports 3

413 415 523 410 432

6.00 AM **Serie A** Action from Italy.
5.00 PM **International T20 Cricket Highlights** Ireland v India from Stormont Cricket Ground, Belfast.
6.00 **Cycling National Road Championship** From London.
8.00 **The Gruppetto** Cycling news.
8.15 **UEFA Europa League Goals Reload** The best goals from the quarter-finals, semi-finals and final.
8.30 **NWSL** Action from NJ/NY Gotham FC v Kansas City Current in the Challenge Cup final.
9.30 **Mass Participation World** Action from the Transvulcania.
10.00 **BMX Racing** Action from the UEC BMX Racing European Championships in Sarrians, France.
11.00 **Cycling National Road Championship** Action from the elite road races in Sabinanigo.
1.00 AM **Cycling National Road Championship** From France.
3.00 **Cycling** Giro d'Italia.
4.00 **to 6.00** AM **Race Bikes**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Another chance to see Brisbane Lions v Sydney Swans. **7.30** Another chance to see Hawthorn Hawks v GWS Giants. **9.00** A chance to see Carlton Blues v West Coast Eagles.
10.30 **AFL** A replay of Collingwood Magpies v Richmond Tigers. **12.00** NOON A replay of Port Adelaide Power v Adelaide Crows. **1.30** PM North Melbourne Kangaroos v Essendon Bombers. **3.00** A chance to see Fremantle Dockers v Gold Coast Suns.
4.30 **MotoGP** Highlights from the Grand Prix of Netherlands.
8.00 **WRC Review** Rally Greece.
9.00 **Fishing: On the Bank**
10.00 **Powerlifting World Classic Championship** From Lithuania.
11.00 **UFC** Rafael Fiziev v Manuel Torres.
2.00 AM **UFC Reloaded**
4.30 **UFC Main Event**
5.30 **to 6.00** AM **Kenny Allstar's Number 1's**

Premier Sports 1

419 APP 528

6.00 AM **FIM Sidecarcross Championship** Highlights.
7.00 **World Surf League**
8.00 **LaLiga** Real Madrid v Barcelona.
10.00 **Top 14 Rugby Union**
12.00 NOON **Champions Cup Show** A look back at this year's final.
12.30 PM **United Rugby Championship** Another chance to see Glasgow Warriors v Connacht in the quarter-final. **2.30** Another chance to see Bulls v Munster in a quarter-final.
4.30 **Sporting Greats**
5.30 **Swedish Speedway**
7.30 **Motorsport** Valentino Rossi.
8.00 **Top 14 Rugby Union** Another chance to see the final.
10.00 **Champions Cup Show**
10.30 **Sporting Greats**
11.00 **World Surf League**
12.00 M'T **United Rugby Championship** Quarter-finals.
4.00 AM **Sporting Greats**
5.00 **to 6.00** AM **Transworld Sport**

Premier Sports 2

420 APP 529

6.00 AM **Michelin Le Mans Cup**
6.30 **NASCAR** Toyota/Save Mart 350.
10.30 **Bike World** Magazine.
11.00 **Champions Cup** A replay of Leinster v Bordeaux in the final.
1.00 PM **MotorSport** A look back at the career of Valentino Rossi.
1.30 **NASCAR O'Reilly Series** Action from Sonoma Raceway.
4.30 **Bike World** Magazine.
5.00 **Temples of Sport** Iconic sporting venues from around the globe.
5.30 **German Cup** Action from Bayern Munich v VfB Stuttgart in the final.
7.30 **Temples of Sport**
8.30 **Premier Sports Cup** A chance to see Celtic v Rangers in the semi-final at Hampden Park.
11.00 **Temples of Sport** Iconic sporting venues from around the globe.
11.30 **Premier Sports Cup** A replay of St. Mirren v Celtic in the final.
1.30 AM **NASCAR** Another chance to see the Toyota/Save Mart 350.
5.30 **to 6.00** AM **Bike World**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** From Austria.
10.30 **Golf with Sergio Perez**
10.45 **Naomi Hot Laps**
11.00 **Formula 1** Austrian Grand Prix.
2.00 PM **The F1 Show** Race preview.
3.00 **Formula 1** Austrian Grand Prix.
4.15 **Golf with Sergio Perez**
4.30 **Formula 1** Austrian Grand Prix.
6.30 **Lando Norris IV**
6.40 **Ted on Kimi Antonelli**
6.50 **Cirque De Soleil Feature**
7.00 **Formula 1** Another chance to see the Austrian Grand Prix from Red Bull Ring in Spielberg.
9.15 **Naomi Hot Laps**
9.30 **Ted on Kimi Antonelli**
9.40 **Chasing the Dream**
10.00 **GT World Challenge Europe**
12.00 M'T **Formula 1** From Austria.
1.00 AM **F1 Explained**
2.00 **The Best of F1**
5.00 **to 6.00** AM **F1 Explained**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

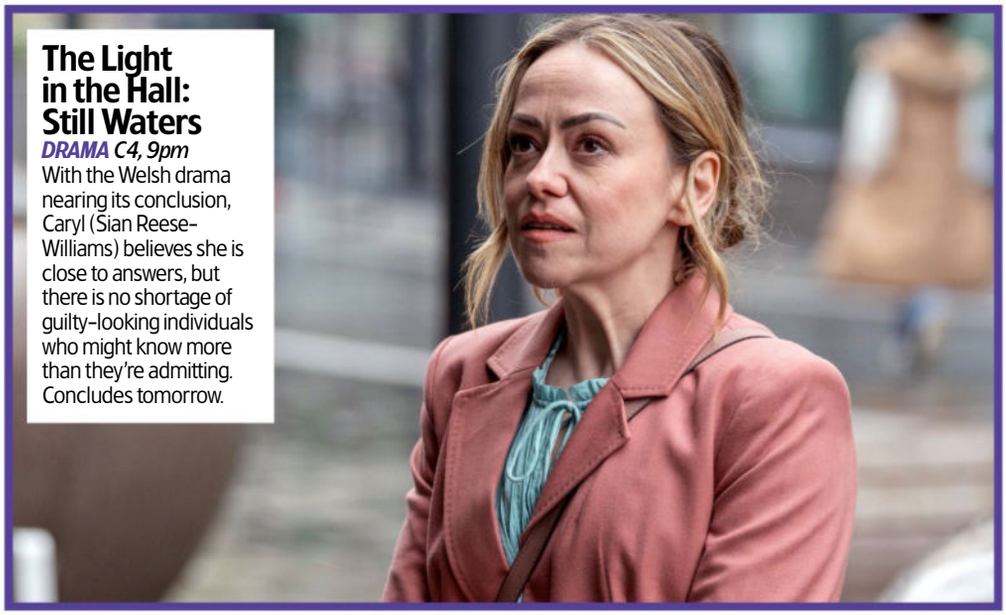
30 June

Planner

Best Medicine

COMEDY DRAMA Sky One, 8pm

As the US version of *Doc Martin* continues, Martin inadvertantly helps plunge the town into darkness after a wellness check doesn't go to plan, while Louisa and Mark share a tender moment.



The Light in the Hall: Still Waters

DRAMA C4, 9pm

With the Welsh drama nearing its conclusion, Caryl (Sian Reese-Williams) believes she is close to answers, but there is no shortage of guilty-looking individuals who might know more than they're admitting. Concludes tomorrow.

World War II with Tom Hanks

DOCUMENTARY

Sky History, 9pm & 10pm

Tonight's double bill of the documentary series examines the immense struggles faced by Allied forces pushing through Italy, alongside the brutal aerial combat fought daily in the skies over Europe.

The Pike County Murders: A Family Massacre

DOCUMENTARY

U&W, 9pm (box set, U)

This gripping true-crime documentary delves into the disturbing case in which eight members of the Rhoden family were murdered overnight in four separate locations.

Tuesday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Wimbledon – Live: Continued coverage of day two						10.00 News; Local News	
	102 BBC2	7.00 Nigellissima	7.30 EastEnders	8.00 Digging for Britain: Iron Age Revealed		9.00 QI XL		10.00 Live at the...	10.30 Newsnight
	103 ITV1	‹ 6.45 News; Weather	7.45 Emmerdale		8.45 Coronation Street		9.45 The Assembly	10.15 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Bake Off: The Professionals		9.00 The Light in the Hall: Still Waters		10.00 24 Hours in A&E	
	105 5	7.00 Secrets of the River Mersey		8.00 Reuben Owen: Life in the Dales		9.00 Riptide		10.00 Aces of Tennis: The ATP No 1 Club	
	106 SKY ONE	7.00 The Simpsons		8.00 Best Medicine		9.00 Never Mind the Buzzcocks			
ENTERTAINMENT	115 BBC3	7.05 Deadly 60	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 I Kissed a Girl			
	116 BBC4	7.00 University...	7.30 Only Connect	8.00 Keeping Up...	8.30 One Foot in...	9.00 Dave Allen: The Immaculate Selection		10.00 Dave Allen	10.30 The American...
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 PopMaster TV		9.00 Ancient Egypt by Train with Alice...		10.00 Ancient Autopsy	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck: Mediterranean		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Rookie		9.00 Irish Blood		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.30 Dune: Prophecy				9.00 Rosa Elettrica			
	110 U&GOLD	‹ 6.40 Red Dwarf		8.00 Keeping Up...	8.40 Dad's Army		9.20 Not Going Out	10.00 Red Dwarf	
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?			9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
	120 ITV4	7.00 American Pickers		8.00 World Rally Championship Highlights		9.00 Ice Road Truckers		10.00 Wrestling: AEW Collision	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Jimmy Carr's Am I the A**hole?		10.00 Mr Bean	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Small Town, Big Story		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 'Allo 'Allo!			9.50 New Tricks		
	109 U&ALIBI	7.00 Unforgettable		8.00 Return to Paradise		9.00 Allegiance		10.00 The Hunting Party	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Stories from Tate Britain		9.00 Rik Mayall's Sketches: Rare and Unseen		10.00 I Am Patrick Swayze	
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake		9.00 The Pike County Murders: A Family...		10.00 How to Catch a Serial Killer	
DOCUMENTARY	125 DISCOVERY	7.00 Kindig Customs		8.00 Truck Dynasty		9.00 Deadliest Catch		10.00 The Last Woodsmen	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Project Grizzly		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Mega Marine Machines		9.00 Construction Fails		10.00 Planes that Changed History	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Hitler's Engineers		9.00 World War II with Tom Hanks			
	155 U&YESTERDAY	7.00 Dom Chinea's Cornish Workshop		8.00 Bangers & Cash					
	114 SKY DOCS	‹ 6.00 I Am Heath Ledger		8.00 Rik Mayall: Magnificent B'stard				10.00 Belushi	

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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Tuesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Fraud Squad** (S)(R)
11.15 **Homes Under the Hammer** New edition In Cheshire. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **LIVE Wimbledon** Coverage of day two of the Grand Slam tournament, featuring first-round matches. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the schedule will be: **5.00pm BBC News** (S) **5.15 Local News** (S) **5.30 LIVE Football: World Cup** Group E runner-up v Group I runner-up: The round-of-32 match. Kick-off is at 6.00. (S) **8.30 Would I Lie to You?** (S)(R) **9.00 BBC News** (S) **9.30 LIVE Football: World Cup** Group I winner v Group C/D/F/G/H third-placed team: The round-of-32 match. Kick-off is at 10.00. (S) **12.15am Weather for the Week Ahead** (S) **12.20 BBC News** (S) **1.45 LIVE Football: World Cup** Group A winner v Group C/E/F/H/I third-placed team: The round-of-32 match. Kick-off is at 2.00. (S) **4.30-6.00am BBC News** (S)

7 PM

7.00 LIVE Wimbledon Concluding coverage of day two of the Grand Slam tournament from the All England Club, where the men's and ladies' first-round singles matches are scheduled to conclude. Seven-time champion Novak Djokovic was last up on Centre Court on day two last year and he was in good form as he prevailed 6-1, 6-7, 6-2, 6-2 against Alexandre Müller. Meanwhile, on the No.1 Court, Ukraine's Dayana Yastremska caused an upset when she defeated second seed Coco Gauff 7-6, 6-1. (S)
■ *Today at Wimbledon* is on BBC2 at 11.05pm

8 PM

9 PM

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM Marry Me Romantic comedy starring Jennifer Lopez, Owen Wilson and Maluma. Music superstars Kat and Bastian are preparing to get married before a global audience of fans. But when Kat learns, seconds before her vows, that Bastian has been unfaithful, she instead decides to marry Charlie, a stranger in the crowd. With John Bradley. (S)(AD) (2022, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Homes Under the Hammer** A former barn in Kent. (S)(R)(AD)
7.30 **Sign Zone: Farm 999** (S)(R)
8.00 **Sign Zone: Lost and Found in the Lakes** A wedding ring. (S)(R)(AD)
8.30 **Sign Zone: See Hear – Cafe Conversations** New edition (S)
9.00 **BBC News** (S)
10.15 **Politics Live** (S)
11.00 LIVE Wimbledon Coverage of the opening play on day two of the Grand Slam tournament from the All England Club. (S)
3.00 PM **LIVE Wimbledon** Further coverage of day two of the Grand Slam tournament. (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the BBC2 schedule will be: **7.00-10.00pm LIVE Wimbledon** Continued coverage of day two at the All England Club. (S)

10.00 Live at the Apollo

7.00 **Nigellissima** 1/6. Nigella Lawson presents a guide to Italian cookery. (S)(R)
7.30 **EastEnders** Priya clashes with Cindy. (S)(AD)
■ This week's episodes will be subject to change

8.00 **Digging for Britain: Iron Age Revealed** Professor Alice Roberts follows archaeologists as they unearth Britain's most spectacular iron-age grave, a chariot burial in East Yorkshire. (S)(R)(AD)

9.00 **QI XL** *Sexed-Up:* Ahir Shah, Sara Pascoe and Suzi Ruffell join regular panellist Alan Davies and host Sandi Toksvig. (S)(R)
9.45 **Mandy** 1/6. First episode of the comedy with Diane Morgan. (S1) (S)(R)

10.00 **Live at the Apollo** Larry Dean introduces stand-up sets from Harriet Kemsley and Slim at London's Hammersmith Apollo. (S)(R)
10.30 **Newsnight** (S)
11.05 **Today at Wimbledon** Highlights of the second day's play. (S)
12.05 AM **FILM I Saw the Light** Biopic of country singer Hank Williams, starring Tom Hiddleston. (S) (2015, 15, 115min) ★★★
2.00 **Sign Zone: See Hear – Cafe Conversations** (S)(R)
2.30 **Sign Zone: Lifeline** (S)(R)(AD)
2.40 **Sign Zone: Springwatch** (S)(R)
3.40 **Sign Zone: David Beckham: In Ten Pictures** (S)(R)(AD)
4.40 **to 6.00** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.45 **ITV News** (S)
2.05 **Local News** (S)
2.15 **Dickinson's Real Deal** David Dickinson and the team head to Grimsby. (S)(R)(AD)
3.15 **Deal or No Deal** (S)(R)(AD)
4.15 **Tipping Point** Game show. (S)(R)
5.15 **The Chase** Quiz show. (S)(R)
6.15 **Local News** (S)
6.45 **ITV News** (S)

• *Alternative schedule* If ITV1 show today's World Cup matches, the schedule will be: **5.15pm LIVE Football: World Cup** Group E runner-up v Group I runner-up: The round-of-32 match. Kick-off is at 6.00. (S) **8.35 ITV News** (S) **9.00 Local News** (S) **9.15 LIVE Football: World Cup** Group I winner v Group C/D/F/G/H third-placed team: The round-of-32 match. Kick-off is at 10.00. (S) **12.35am Password** (S)(R) **1.15 LIVE Football: World Cup** Group A winner v Group C/E/F/H/I third-placed team: The round-of-32 match. Kick-off is at 2.00. (S) **4.35 Deal or No Deal: Banker's Best Battles** (S)(SL)(R) **5.00 Unwind with ITV** (S) **5.35-6.00am James Martin's American Adventure** (S)(SL)(R)(AD)

7.45 **Emmerdale** Mack feels overwhelmed, Nicola is furious, Robert has some good news, while Sarah worries about Charity. (S)(AD)
■ This week's episodes will be subject to change

8.45 **Coronation Street** Will fights nerves in court as Megan's trial starts, and Nick lies to Sam for his own good, while Asha spots that Sienna is in need of company. (S)(AD)
■ This week's episodes will be subject to change

9.45 **The Assembly: More Unseen** 8/8. Another selection of out-takes from the celebrity interviews, featuring Stephen Fry, Nicola Sturgeon, Lenny Henry, Anna Maxwell Martin, Aitch and Rylan. (S)(R)

10.15 **ITV News** (S)
10.45 **Local News** (S)
11.00 **It'll Be Alright on the Night** Romesh Ranganathan almost kills a Team GB athlete. (S)(R)(AD)
12.00 M'T **Sorry, I Didn't Know** (S)(R)
12.30 AM **Teleshopping**
3.00 **Jason Atherton's Dubai Dishes** Palm Jumeirah. (S)(SL)(R)(AD)
4.05 **Unwind with ITV** (S)
5.00 **Deal or No Deal: Banker's Best Battles** (S)(SL)(R)
5.35 **to 6.00** AM **James Martin's American Adventure** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 13-15/27. (S9) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 5-8/24. (S10) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** Adam visits Sorcha to record his social media series. (S)(R)(AD)
5.00 **Chateau DIY** Nick and Nicole rush to finish their new dining room at Château des Vieilles. (S)(R)(AD)
6.00 **Four in a Bed** Steve and Andrew welcome their rivals to Cae Court Hotel in Bridgend. (S)(R)
6.30 **Come Dine with Me** Care co-ordinator Alexis hosts the second night in Bristol. (S)(R)

9.00 The Light in the Hall: Still Waters

7.00 **News** (S)

8.00 **Bake Off: The Professionals** New edition 6/10. The remaining teams make 24 savoury mille-feuille and 24 babka buns, before building biscuit showpieces inspired by ancient wonders, accompanied by petit gâteaux. (S)(AD)

9.00 **The Light in the Hall: Still Waters** New episode 5/6. The community mourns a beloved resident as Eve struggles with feelings of guilt. (S2) (S)(AD)
■ Concludes tomorrow

10.00 **24 Hours in A&E** A man is rushed into Queen's Medical Centre in Nottingham after his leg was crushed by a lorry, and medics do their best to save the limb. (S)(R)(AD)
11.05 **24 Hours in A&E** (S)(R)(AD)
12.05 AM **Emergency Helicopter Medics** A teenage motorcyclist suffers multiple fractures. (S)(R)(AD)
1.00 **Ramsay's Kitchen Nightmares USA** From Los Angeles. (S)(R)
1.50 **Jon Snow: A Last Big Story** Documentary. (S)(SL)(R)(AD)
3.20 **NEW Iris Prize Best British Shorts**
3.35 **Free Nelson Mandela** (S)(SL)(R)
4.30 **George Clarke's Adventures in Americana** (S)(R)(AD)
5.25 **Find It, Fix It, Flog It** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *The Lives of Others:* 19/24. The author believes he has witnessed a murder. (S)(R)
3.55 **Castle** *The Fast and the Furriest:* 20/24. Castle looks for Bigfoot when surprising evidence is left at a murder scene. (S5) (S)(R)
4.50 **Love Nature** With The Urban Birder, David Lindo. (S)(R)
5.00 **News** (S)
6.00 **Kent: The Garden of England** Oysters are harvested in Whitstable and a mason works at Canterbury Cathe. (S)(R)
6.55 **News** (S)

8.00 Life in the Dales

7.00 **Secrets of the River Mersey** Exploring the history of the river, which has been at the heart of the shipbuilding industry for 180 years. (S)(R)
7.55 **News** (S)

8.00 **Reuben Owen: Life in the Dales** Series finale 9/9. With lambing season underway, Reuben and Jess stock-proof the fences at Brough Castle Farm before more than 300 newborn lambs arrive. (S)

9.00 **Riptide** 2/4. Alison's suspicions rise when she learns that Ethan argued with Sean on the beach just before he was presumed to have drowned, and she decides to report him to the police. (S1) (S)(R)(AD)

10.00 **Aces of Tennis: The ATP No 1 Club** New edition 2/4. The power, precision, and pressure that defined tennis in the 1990s, when reaching the top spot became harder than ever. (S)
■ Continues tomorrow

11.05 **Murder Scene: The Incident Room** Documentary. (S)(R)
12.05 AM **Britain's Most Dangerous Prisoners** True crime. (S)(R)
1.00 **Teleshopping** (S)(R)
2.30 **Garden Makeovers from Hell** Including a burning tree. (S)(R)
3.45 **Friends** (S1) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S4) (S)(R)
9.00 **The Flash** (S9) (S)(R)
10.00 **Will & Grace** (S8) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Wildlife ER** (S)(R)
1.00 PM **Hawaii Five-0** (S4&5) (S)(R)
3.00 **S.W.A.T.** (S6) (S)(R)(AD)
5.00 **The Simpsons** *Homer at the Bat:* Homer joins the power plant's softball team. (S)(R)
5.30 *I Married Marge:* Homer reminisces about the ups and downs of life with Marge. (S)(R)
6.00 **The Office (US)** 11/22. Michael takes the office staff on a motivational cruise. (S)(R)
6.30 12/22. Michael burns his foot and expects the staff to work around him. (S2) (S)(R)

8.00 Best Medicine

7.00 **The Simpsons** *Separate Vocations:* Lisa falls in with a bad crowd, while Bart finds a new respect for law and order. (S)(R)
7.30 *Dog of Death:* Santa's Little Helper runs away from home. (S)(R)

8.00 **Best Medicine** New episode *Hello Darkness, My Port Wenn:* 5/13. Martin's brusque bedside manner causes a power cut in town, while Louisa and Mark share a romantic moment (S1) (S)

9.00 **Never Mind the Buzzcocks** Greg Davies hosts the music quiz, with guests Nile Rodgers, Russell Howard and Mae Muller. (S)(R)(AD)
9.45 Clint Boon, Patsy Kensit, Danny Goffey and guest captain Bez join regulars Noel Fielding and Jamali Maddix. (S)(R)(AD)

10.45 **Grimm** *Clear and Wesen Danger:* 2/22. After becoming a new father, Nick makes some major changes to keep his child and Adalind safe. Meanwhile, Hank and his new partner investigate a brutal murder. (S5) (S)(R)

11.45 **The Force: North East** A man high on drink and drugs launches a tirade of abuse at officers. (S)(R)
12.40 AM Police raid a property they suspect is being used to exploit young girls. (S)(R)
1.35 **Road Wars** Double bill. (R)
3.00 **Hawaii Five-0** (S4) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.40pm River City (S)(R) (AD) **11.10** FILM Marry Me (S)(AD) (2022, 12, 105min) ★★★ **12.55am** Weather for the Week Ahead (S) **1.00-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Confessions of a Steroid Gang (S)(R) **11.10** First Minister's Questions (S) **12.10-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Paula McIntyre's Hamely Kitchen USA (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymru, Dad a Fi (AD) **12.30** Heno **1.00** Dim Cwsg i Quinnell (AD) **1.30** Ffermio **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Gwesty Aduniad **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cymoedd Roy Noble **6.30** Taclo'r Ty (AD) **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Rownd a Rownd (AD) **8.55** Newyddion a'r Tywydd **9.00** Pwy Laddodd Hilda Murrell **10.00** Y Fets (AD) **11.00-11.35pm** Y Sin (AD)

TV&Streaming week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall heads for Australia.
7.30 **EastEnders** Sheila attempts to win Chelsea over.
8.00 **Sort Your Life Out with Stacey Solomon** Stacey coaches the Smiths through a mammoth declutter.
9.00 **I Kissed a Girl** New editions 5/10. A surprise new arrival ruffles a few feathers, exposing cracks in some of the relationships.
9.50 6/10. Dannii Minogue hosts the dating show.
10.40 FILM **The Witches** Fantasy based on Roald Dahl's book, starring Anne Hathaway. A young orphan goes to live with his grandmother, only to find himself the prey of witches disguised as glamorous women. (2020, PG, 106min) ★★★
12.15 AM **Mood** 4-6/6. (S1)
2.40 **World Cup 1998**
3.00 **to 4.00** AM **Sort Your Life Out with Stacey Solomon**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **University Challenge** The quarter-finals conclude.
7.30 **Only Connect** A trio of PhD students take on three board-game enthusiasts.
8.00 **Keeping Up Appearances** Hyacinth and Richard take over a country cottage.
8.30 **One Foot in the Grave** Victor decides to begin work on his own sitcom script.
9.00 **Dave Allen: The Immaculate Selection** A compilation of memorable routines by the comedian.
10.00 **Dave Allen** The Irish stand-up comedian entertains a studio audience.
10.30 **The American Revolution** New edition 5/6. The war continues to drag on and moves theatres – to Indian Country and the South.
■ Entire series on BBC iPlayer
11.30 **London: A Tale of Two Cities with Dan Cruickshank** Documentary.
12.30 AM **American Visions**
1.30 **Only Connect**
2.00 **to 3.00** AM **The American Revolution**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Birmingham
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Ugly House to Lovely House with George Clarke** George helps to transform Nick and Sonia's home in Hertfordshire, a poorly designed flat spread over three dysfunctional car parking spaces.
6.55 **Location, Location, Location** Catching up with two sets of house-hunters for whom character was key.
7.55 **PopMaster TV** With contestants from the West Midlands, London, Liverpool, Basingstoke and Kent.
9.00 **Ancient Egypt by Train with Alice Roberts** 2/4. Alice arrives in Cairo by train and follows in the footsteps of Victorian Egyptologist Amelia Edwards. The journey takes her to the Great Pyramids and the tomb of the pharaoh Khufu.
10.00 **Ancient Autopsy** 4/4. Professor Suzannah Lipscomb investigates the mystery behind the untimely death of Tutankhamun.
11.05 **999: On the Front Line**
12.05 AM **24 Hours in A&E**
3.20 **to 3.50** AM **The Perfect Pitch**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Sheffield.
8.00 **Ramsay's 24 Hours to Hell and Back** Double bill.
10.00 **Below Deck: Mediterranean**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons**
6.30 **Hollyoaks**
7.00 **Hollyoaks** Frankie and Leah come to blows.
7.30 **The Simpsons** *The Fabulous Faker Boy:* Marge signs up Bart for piano lessons.
8.00 **Below Deck: Mediterranean** New edition A group of loud and brash New Yorkers board the boat.
9.00 **Gogglebox** Views on *Gladiators* and *Trigger Point*.
10.00 **Gogglebox** Opinions on *It's a Sin* and *Snakes in the City*.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction's Best Naughty Bits**
1.05 **Gogglebox**
2.10 **Below Deck: Mediterranean**
2.55 **Abbott Elementary**
3.20 **The Simpsons**
4.15 **Brooklyn Nine-Nine**
4.40 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 306 30 123 256

Tuesday primetime

Tuesday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Brit Cops: Law & Disorder**
11.00 **Chicago Fire** 18/22. (S13)
12.00 NOON **FBI** 14&15/22. (S7)
2.00 PM **The Rookie** 1/22. Nolan and the team race to locate Lopez when she is kidnapped on her wedding day. (S4)
3.00 **Law & Order: Criminal Intent** 9/22. Goren infiltrates a prison psychiatric ward. (S7)
4.00 **Nothing to Declare**

9.00 Irish Blood

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **The Rookie** *The Ride Along:* 7/20. A movie director joins Nolan and Bishop on patrol. (S1)

9 PM
9.00 **Irish Blood** *Briefcase:* 1/6. A lawyer receives a strange package from her estranged father. Stars Alicia Silverstone. (S1)

10 PM
10.00 **Blue Bloods** *Life During Wartime:* 4/21. Danny and Baez look into a series of robberies targeting luxury timepieces. (S13)
11.00 **The Rookie** 11/14. (S3)
12.00 M'T **FBI** 10&11/22. (S7)
2.00 AM **NEW SERIES Fire Country** 1/20. Return of the drama with Max Thieriot. (S4)
3.00 **Doc** Series finale 22/22. (S2)
4.00 **UK Border Force**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Double bill.
8.00 **Homicide: Life on the Street**
10.00 **Hacks** 6&7/10. (S5)
11.20 **House of the Dragon** (S1)
12.30 PM **Deadwood** 9&10/12. (S3)
2.25 **Django** 4/10. (S1)
3.25 **House of the Dragon** (S1)
4.35 **Gomorrah** 9/12. Ciro calls a meeting to divide the turf. **5.35** 10/12. Ciro finds a way to sniff out Pietro's hiding place. Subtitled. (S2)
6.30 **Dune: Prophecy** 1/6. Sci-fi prequel with Emily Watson. (S1)

10.15 Rosa Elettrica

7.45 **Dune: Prophecy** *Two Wolves:* 2/6. Desmond makes a confession, and Valya brings Theodosia to the Imperial House to help manage the situation. (S1)

9.00 **Rosa Elettrica** New episode 5/6. Rosa and Cociss must dig deeper to find more evidence. Subtitled.

10.15 **Rosa Elettrica** Series finale 6/6. Cociss searches for protection, while Rosa fights to secure justice. (S1)
11.15 **Prisoner** 1/6. A prison transport officer must team up with a killer after their convoy is ambushed. (S1)
12.15 AM **Hacks** 6&7/10. (S5)
1.35 **Dune: Prophecy** (S1)
4.05 **Homicide: Life on the Street**
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Deal or No Deal**
7.00 **Dress to Impress**
7.55 **Billie and Greg: Family Diaries**
9.25 **The Only Way Is Essex**
10.25 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.10 PM **Dinner Date**
1.10 **Celebrity Catchphrase**
2.10 **The Floor USA**
3.05 **The Only Way Is Essex**
4.05 **Real Housewives of Salt Lake City** Reality series.
5.05 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

8.00 The 1% Club

7.00 **The Floor USA** New edition Contestants test their knowledge of flowers, state capitals, kid shows, gems and more.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 **Love Island** New edition Relationship-based reality show in which singletons seeking a romance compete to find love.

10.05 **Love Island: The Debrief** New edition Daily *Love Island* reactions.
10.35 **Family Guy** 21/22. Three stories inspired by viewers' letters. (S3)
11.05 **Family Guy** 15/22. (S3)
11.35 **American Dad!** (S3&2)
12.35 AM **Bob's Burgers** (S13)
1.30 **G'wed** 4/7. (S3)
2.05 **Plebs** 5/6. (S1)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *The Incident at Cooper Hill:* Mysterious lights are seen in the sky over Cooper Hill.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *The Seven Year Itch:* An ex-convict Blaketon helped put behind bars arrives at the pub.

10.00 Law & Order: UK

6.55 **Heartbeat** *Weight of Evidence:* Mike and Jackie have a disagreement over a nasty assault case.

8.00 **Vera** *Poster Child:* Joined by a new addition to the ranks, Vera and the team investigate the murder of a respected surgeon and the abduction of his two teenage daughters. Guest stars Saskia Reeves and Dean Andrews.

10.00 **Law & Order: UK** *Survivor's Guilt:* 1/7. DS Sam Casey is brought in to investigate the shooting of Devlin. (S6)
11.00 **Law & Order: UK** 2/7. Ronnie and Sam race against time to find a hostage. (S6)
11.50 **Shetland** 5/6. Perez interviews Andrea Doyle. **1.00** AM 6/6. Perez closes in on Zezi's location. (S5)
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **The Protectors**
7.00 **Magnum, PI**
8.05 **The Saint**
9.05 **Boon**
10.10 **The Champions**
11.20 **BattleBots**
12.25 PM **Magnum, PI**
2.35 **The Saint**
3.45 **Boon**
4.50 **The Champions** *The Iron Man:* The trio pose as domestic staff.
5.55 **Minder** *The Great Depression of1994:* Arthur suffers a bout of depression, leading him to make some dodgy deals.

12.25 Magnum P.I.

7.00 **American Pickers** Mike Wolfe and Frank Fritz discover some shocking news about a collection of circus posters.

8.00 **World Rally Championship Highlights** The Rally of Greece, the eighth round of the season.

9.00 **Ice Road Truckers** The truckers encounter some problems when the rising temperatures soften the ice road.

10.00 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR, Thunder Rosa and Jon Moxley.
12.00 M'T **Dark Side of the Ring** A look at how XPW merged Rob Black's passions, and how his empire quickly imploded.
1.00 AM **Auf Wiedersehen, Pet**
2.00 **BattleBots** Featuring Whiplash taking on Monsoon.
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **My Kind of Town** Ian Hamilton visits Shotts in North Lanarkshire.
8.00 **This Farming Life** Paul turns to the community for help with a ewe in distress.
9.00 **Body on the Beach: What Happened to Annie?** 1/4. Journalist Hazel Martin investigates the death of Swedish native Annie Börjesson. **9.30** 2/4. Hazel tries to piece together Annie Börjesson's final hours.
10.00 **The Troops** 2/3. Soldiers face off against NATO allies posing as enemy forces.
11.00 **Jules and Greg's Wild Swim** The couple attend Peebles' first Harvest Wild Swim Festival.
11.30 PM **to 12.00** M'T **Growing Up Scottish**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Breeders** 3&4/10. (S1)
10.00 **Upright** 3&4/8. (S2)
11.15 **Will & Grace** (S5)
12.15 PM **The Rehearsal** (S2)
1.30 **Upright** 3&4/8. (S2)
2.45 **Will & Grace** (S4)
3.45 **The Rehearsal** (S2)
5.00 **Community** (S4)
6.00 **Will & Grace** (S5)
7.00 **The Office (US)** 12/22. Michael injures his foot. **7.30** 13/22. Jim regrets telling Michael about his feelings for Pam. (S2)
8.00 **Breeders** 3/10. Ally attempts to acclimatise to Michael's presence. **8.30** 4/10. Michael thrives in his new role as dad and grandad. (S1)
9.00 **FILM Blithe Spirit** Comedy starring Isla Fisher and Dan Stevens. (2020, 12, 95min) ★★★
11.00 **I Love LA** 2&3/8. (S1)
12.10 AM **Breeders** (S1)
1.10 **Community** (S4)
2.10 **The Rehearsal** (S2)
3.30 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Live at the Movies**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies...**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Guy Garvey: From the Vaults** Clips from 1980.
4.00 **Discovering**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Stories from Tate Britain**
9.00 **Rik Mayall's Sketches: Rare and Unseen**
10.00 **I Am Patrick Swayze**
12.00 M'T **Science Fiction in the Atomic Age**
1.00 AM **Isle of Wight Festival** Highlights.
3.00 **Art's Most Horrific**
4.00 **I Hate Jane Austen by Giles Coren**
5.00 **to 6.00** AM **Classic Movies: The Story of The Ipcress File**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: Canada's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 25/26. (S4)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: The Next Generation** *The Best of Both Worlds – Part Two:* 1/26. Riker faces a life-or-death decision. (S4)
8.00 **Police 24/7** A man in the woods is questioned.
9.00 **FBI: International** (S2)
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S4)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Five family members from Stoke take part in the quiz.
3.00 **Beat the Chasers** Bradley Walsh hosts as more hopefuls take on all of the Chasers.
4.00 **Ridiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Beat the Chasers** Bradley Walsh hosts as more hopefuls take on all of the Chasers.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.45 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **The Dog House**
8.00 **Location, Location, Location** A catch-up with couples in Wiltshire and the West Midlands.
9.00 **24 Hours in Police Custody: Sudden Death – Think Murder** Officers investigate the suspicious sudden death of a 48-year-old woman.
10.00 **The Accused: Beyond Reasonable Doubt?** The story of the fight to overturn Stacey Hyde's murder conviction.
11.05 **Celebrity Gogglebox**
1.10 AM **Gypsy Rose: Life After Lock Up**
3.00 **Emergency Helicopter Medics** Documentary.
4.00 **to 5.05** AM **24 Hours in A&E**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S2)
2.00 **Primeval** 3&4/6. (S5)
4.00 **Stargate SG-1** As 8.00pm.
5.00 **Star Trek: Voyager** 17/26. Ensign Kim breaks Starfleet protocol by engaging in an affair with an alien. (S5)
6.00 **Star Trek: Enterprise** 14/26. The crew members attend an interspecies medical conference. (S2)

10.50 The Walking Dead

7.00 **Stargate Atlantis** *Allies:* 20/20. Part one of two. Michael makes contact with the team. (S2)

8.00 **Stargate SG-1** *The Changeling:* 19/22. Teal'c experiences a series of recurring dreams in which he is a firefighter. (S6)

9.00 **Small Town, Big Story** *On Children:* 3/6. Joanne's 18th birthday and the first day of filming on the TV shoot leads to chaos. (S1)

10.00 **Grimm** *Hibernaculum:* 17/22. A rare Wesen leaves its murders victims frozen solid. (S4)
10.50 **The Walking Dead** *First Time Again:* 1/16. The group devise a plan to lure walkers away from Alexandria. (S6)
12.00 M'T **Primeval** 1&2/6. Double bill of the sci-fi drama. (S5)
1.50 AM **The Walking Dead** (S6)
3.00 **Small Town, Big Story** (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S3)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** As 4.00pm.
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Unforgettable** (S3)
1.00 PM **Death in Paradise** (S9)
2.00 **Murdoch Mysteries** (S3)
4.00 **The Mentalist** 12/24. A mob boss's son is murdered. (S4)
5.00 **Hudson & Rex** 5/20. Rex is accused of attacking a former police officer. (S5)
6.00 **Father Brown** *The Man in the Shadows:* The priest finds himself embroiled with MI5.

9.00 Allegiance

7.00 **Unforgettable** *A Moveable Feast:* 5/13. The death of a coastguard is linked to the disappearance of dangerous explosives. (S3)

8.00 **Return to Paradise** *Dead Bowl:* 5/6. A fatal shooting takes place at the Bushranger's Bowl. (S1)

9.00 **Allegiance** New episode *The Vow:* 5/10. A groom is stabbed at a lavish Indian wedding. (S2)
■ Entire series on Box Sets

10.00 **The Hunting Party** *Roy Barber:* 5/10. Bex and the team race to stop a man dubbed the 'Couple Killer'. (S1)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Death in Paradise** 1/8. A masked man stabs a woman in her own home on New Year's Eve. (S9)
1.00 AM **Hudson & Rex** (S5)
2.00 **Murdoch Mysteries** (S3)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Highlights**
8.40 **The Green Green Grass**
9.20 **Are You Being Served?**
10.00 **Last of the Summer Wine**
11.20 **Red Dwarf**
12.40 PM **Keeping Up Appearances**
1.20 **Dad's Army**
2.00 **Porridge**
2.40 **The Green Green Grass**
3.20 **Are You Being Served?**
4.00 **Dad's Army**
4.40 **Keeping Up Appearances**
5.20 **Last of the Summer Wine**
6.40 **Red Dwarf**

4.40 Keeping Up Appearances

7.20 **Red Dwarf** Lister mistakenly joins the Canaries on the understanding that they are a prison choir.

8.00 **Keeping Up Appearances** Hyacinth attends the christening of Daisy's granddaughter.
8.40 **Dad's Army** The platoon take part in an exercise with the regular army.
9.20 **Not Going Out** Lucy and Lee aim to answer an age-old question.

10.00 **Red Dwarf** Kryten sets up a pirate TV station.
10.35 Part one of two. Rimmer and Lister play basketball with the guards.
11.15 **Bottom** The duo steal a car.
11.55 **Not Going Out** As 9.20pm.
12.30 AM **Men Behaving Badly** Gary sells one of Dorothy's records.
1.05 **Bottom**
1.45 **Men Behaving Badly**
2.20 **The Outlaws**
3.25 **to 4.00** AM **Don't Wait Up**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **James May's Cars of the People** Documentary.
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's India** Double bill.
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **Cornwall with Simon Reeve**
4.00 **Hairy Bikers Everyday Gourmets** Party food.
5.00 **Rick Stein's India** The chef explores the country's cuisine.
6.00 A look at the Parsee contribution to Indian cuisine.

7.00 Mortimer & Whitehouse

7.00 **Mortimer & Whitehouse: Gone Fishing** The duo head to the Lake District.
7.40 **Would I Lie to You?** Jo Brand, Lucy Martin, Amol Rajan and Joe Wilkinson take part .
8.20 With Bob Mortimer, Alice Roberts, Snoochie Shy and Munya Chawawa.

9.00 **Have I Got a Bit More News for You** Naga Munchetty hosts the quiz, with guests Hugh Dennis and Ruth Davidson.

10.00 **QI XL** Jeremy Clarkson, Jason Manford and Sandi Toksvig join regular panellist Alan Davies and host Stephen Fry.
11.00 **8 Out of 10 Cats Best Bits**
12.00 M'T **Mock the Week: The History of...** Last edition of the topical comedy show.
12.40 AM **Would I Lie to You?**
2.00 **QI XL** Festive special.
3.00 **to 4.00** AM **8 Out of 10 Cats Christmas Special**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.30 **Classic Holby City**
10.50 **Casualty**
11.50 **The Bill**
12.55 PM **Classic EastEnders**
2.15 **Tenko**
3.20 **Pie in the Sky**
4.20 **Lovejoy**
5.25 **Waiting for God**
6.00 **Last of the Summer Wine** Clegg, Billy and Truly hear an old friend is about to die.
6.40 Barry tires of golf and looks for a new hobby.

5.25 Waiting for God

7.20 **Last of the Summer Wine** Howard is dismayed when Marina unwittingly buys him a life-like gorilla.

8.00 **'Allo 'Allo!** The spy camera sent from London has fallen into a vineyard.
8.35 Rene and the Resistance are forced to work in the vineyard.
9.15 Herr Flick is imprisoned in Von Klinkerhoffen's dungeon.

9.50 **New Tricks** *In Vino Veritas:* The detectives reopen the case of a pub landlord killed in a fire. Guest stars Phil Davis and Niamh Cusack.
11.05 **Silent Witness** *Trust:* The murders of two young women force Jack to lock horns with an old flame, the ambitious DI Chrissy Reed.
1.20 AM **Lovejoy**
2.30 **Waiting for God**
3.00 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

Tuesday

7 PM 8 PM 9 PM 10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 1-3/16. (S18)
12.00 NOON **Law & Order**
6.05 PM **NCIS** *Rule 91:* 16/16. The team are shocked when Bishop is implicated in an old NSA leak. (S18)
7.00 *Blood in the Water:* 1/21. The NCIS team search for Gibbs after wreckage from his boat is discovered.
8.00 *Nearly Departed:* 2/21. The agents try to find the serial killer Gibbs was looking for. (S19)
9.00 **Law & Order** New episode *Tough Love:* 21/22. A tough-love sports agent is found stabbed to death, leaving a trail of suspects who wanted him gone. (S24)
10.00 **Law & Order: Special Victims Unit** (S12&11)
1.50 AM **Beauty and the Beast** 9&10/22. (S1)
3.35 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Emergency Call Out** Documentary.
10.00 **999: Critical Condition** A man with a torn aorta, the main artery in the body, needs urgent medical attention.
11.00 **Skin A&E**
12.00 M'T **Scam City**
1.05 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue**
9.35 **Traffic Cops**
10.35 **Police Interceptors**
12.35 PM **FILM Raw Edge** Western drama. (1956, PG, 76min) ★★
2.10 **FILM Border River** Civil War western. (1954, PG, 80min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Reports come in of a cloned car with a balaclava-wearing driver in Newcastle.
9.00 Officers pursue a motorcyclist.
10.00 **Police Code Zero: Officer Under Attack**
11.00 **The X-Files** 9/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Antiques Road Trip**
3.00 **Tipping Point**
4.00 **The Supervet**
6.00 **DIY SOS: The Big Build**
8.00 **Pete Wicks: For Dogs' Sake** Pete meets Flower, the first dog ever to take a dislike to him.
9.00 **NEW SERIES The Pike County Murders: A Family Massacre** 1/3. Documentary about the gruesome killings of eight members of the Rhoden family.
10.00 **How to Catch a Serial Killer** The case of Christopher Halliwell.
11.00 **Antiques Road Trip**
1.00 AM **Selena and Yolanda: The Secrets Between Them**
1.55 **to 3.00** AM **The Mormons Are Coming**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Secrets of the Transport Museum**
8.00 **Bangers & Cash**
10.00 **The World at War**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **The World at War**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Dom Chinea's Cornish Workshop**
8.00 **Bangers & Cash** Dave gets nostalgic over a pair of Raleigh Choppers and a Ford Granada.
9.00 Derek collects an Austin Allegro.
10.00 Derek checks out an 1985 Renault 4.
11.00 In the 100th edition, Derek collects a rare 1975 NSU RO 80.
12.00 M'T **Classic Car Garage**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Secrets of the Transport Museum**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** Jurassic Coast.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: What Happened Next**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** Angus Ashworth finds a rare military map.
8.00 **Antiques Road Trip**
9.00 **Rich House, Poor House** A property developer swaps homes with a family living on just £100 a week.
10.00 **Who Do You Think You Are?** With Matt Lucas.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S2)
9.00 **Highway to Heaven**
11.00 **Little House on the Prairie** 6&7/22. (S9)
1.00 PM **The Waltons** (S3)
4.00 **Little House on the Prairie** 9&10/22. (S9)
6.00 **Ballykissangel** (S5)
7.00 **M*A*S*H** 15/25. Radar joins a writing course. **7.30** 16/25. Klinger draws attention to his mental state when he attempts to eat a Jeep. **8.00** 17/25. The camp's ping-pong champion sets out to buy a wedding ring. **8.30** 18/25. Radar tries to offer words of comfort to a suicidal amputee. (S5)
9.00 **Brush Strokes** (S1)
11.00 **Robin's Nest** (S6)
12.00 M'T **M*A*S*H** (S5)
2.00 AM **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM **FILM Any Gun Can Play** Spaghetti western. (1967, 12, 98min) ★★
11.30 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM **Wanted: Dead or Alive** Double bill.
3.10 **FILM Raid on Entebbe** Fact-based drama. (1976, PG, 121min) ★★
6.05 **FILM Firequake** Thriller. (2014, 12, 90min) ★
8.00 **FILM Safe** Action thriller. (2012, 15, 90min) ★★★
10.00 **FILM General Commander** Thriller. (2019, 18, 85min) ★★
11.55 **FILM The Hunter's Prayer** Action thriller. (2017, 15, 91min) ★★
1.50 AM **Dragon Ball Super**
2.50 **Coast Guard Alaska**
3.35 **FILM Kentucky Rifle** Western with Chill Wills. (1956, U, 84min) ★★
4.55 **to 5.50** AM **Coast Guard Alaska**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM **FILM An Aurora Teagarden Mystery: Death at the Diner** Drama. (2024, PG) ★★
10.05 **In Plain Sight** 8/15. (S2)
11.05 **Castle** 14/24. (S3)
12.05 PM **FILM Garage Sale Mysteries: The Art of Murder** Crime drama. (2017, PG, 95min) ★★
2.00 **Diagnosis Murder**
4.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 15/24. (S3)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** 9/15. (S2)
10.00 **FILM Picture Perfect Mysteries: Exit Stage Death** Crime thriller. (2020, PG, 89min) ★★
11.55 **FILM Mystery 101: Words Can Kill** Thriller. (2019, PG, 90min) ★★
1.50 AM **FILM Another Mother** Crime thriller. (2020, PG, 89min) ★★
3.20 **to 5.00** AM **FILM Murder at the Mansion**

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM **FILM Christmas Catch** (2018, PG) ★★
10.15 **FILM Snowbound for Christmas** (2019) ★★
12.05 PM **FILM Christmas Bells Are Ringing** Drama. (2018, PG, 90min) ★★
2.00 **FILM Spotlight on Christmas** Drama. (2020, PG, 84min) ★★
3.55 **FILM A Chance for Christmas** Romance. (2021, PG, 86min) ★★
5.55 **FILM Angel of Christmas** Drama. (2015, PG, 85min) ★★
7.55 **FILM Christmas Under the Stars** Romance. (2019, U, 90min) ★★
9.50 **FILM Merry Mystery Christmas** Romance. (2023, PG, 84min) ★★
11.40 **FILM A Family for the Holidays** Mystery. (2018, U, 85min) ★★
1.45 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Spotlight on Christmas**

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **My Floating Home**
2.00 **Love Your Garden**
3.00 **New Home DIY**
4.00 **The Greatest Auction**
5.00 **My Floating Home**
6.00 **Love Your Garden**
7.00 **Highclere: The Real Downton Abbey** Following life at the real-life Downton Abbey.
8.00 **Garden Rescue** A Newport woman would like a plot that reflects her Welsh heritage. **9.00** Creating a garden with themes of India in Uttoxeter, Staffordshire.
10.00 **FILM Sex with the Stars** Erotic comedy. (1980, 18, 90min) ★
12.00 M'T **FILM Adventures of a Plumber's Mate** Comedy. (1978, 18) ★
2.00 AM **FILM Doomwatch** Ecological chiller. (1972, 12, 92min) ★★★
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Doctor at Large**
10.30 **Two's Company** (S3)
11.00 **The Fenn Street Gang**
11.30 **Agony** 7/7. (S3)
12.00 NOON **Randall and Hopkirk (Deceased)**
1.00 PM **Hallelujah** (S2)
1.30 **The Gaffer** 4/6. (S1)
2.00 **Father Brown**
3.00 **Rewind Time Machine**
3.05 **We Had One of Those**
3.15 **Boon** 4/13. (S4)
4.20 **Further Out of Town**
5.00 **Stereo Underground**
6.00 **The Gaffer** 4/6. (S1)
6.30 **Only When I Laugh**
7.00 **Two's Company** (S3)
7.30 **Doctor at Large**
8.00 **Randall and Hopkirk...**
9.00 **Drop the Dead Donkey**
10.00 **FILM Confessions of a Sex Maniac** (1974) ★★
11.35 **FILM Brimstone and Treacle** (1982, 15) ★★★
1.15 AM **Stereo Underground**
2.15 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The *Northwestern* has a risky encounter with an eagle. **8.00** Mandy returns to Sig's wheelhouse as heavy ice builds.
9.00 **Sewer Divers** In Mount Vernon, a mysterious clog backs up a downtown sewer line.
10.00 **Dirty Jobs** Mike trains as a trauma surgeon.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **Delicious Miss Brown**
9.00 **Jamie Oliver: Together**
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **Prue Leith's Cotswold Kitchen** Ruth Davidson.
10.00 **100 Cooks** New edition Twenty-six of the 55 cooks compete to make a Sunday breakfast.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 5/28. (S1)
9.00 **T.J. Hooker** 23/23. (S4)
10.00 **Babylon 5** 16/23. (S1)
11.00 **FILM Princess of Mars** Sci-fi fantasy adventure. (2009, 12, 90min) ★★
1.00 PM **FILM The Southern Star** Adventure. (1968, PG, 105min) ★★★
3.00 **FILM Torture Garden** Horror. (1967, 15) ★★
5.00 **Star Trek** 7/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 17/23. (S1)
8.00 **Walker, Texas Ranger**
9.00 **FILM The Devil's Own** Thriller with Brad Pitt. (1997, 15, 111min) ★★
11.20 **FILM Terminal Velocity** Action thriller starring Charlie Sheen. (1994, 15, 102min) ★★
1.25 AM **FILM The Hunted** Martial arts thriller. (1995, 18, 105min) ★★
3.30 **to 5.15** AM **FILM Inside Out** Crime drama. (2011, 12, 93min) ★★

Legend Xtra

316 316 171 69 138 51

9.00 AM **FILM The Gambler** Musical drama. (1980, PG, 95min) ★★★
11.00 **Andromeda** 8/22. (S3)
12.00 NOON **FILM Apocalypse Pompeii** Disaster movie. (2014, 15, 87min) ★
2.00 PM **FILM Polar Storm** Sci-fi action thriller. (2009, PG, 92min) ★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
7.00 **Andromeda** 9/22. (S3)
8.00 **The A-Team** 4/23. (S2)
9.00 **FILM Red Sonja** Fantasy adventure starring Brigitte Nielsen. (1985, 15, 89min) ★
10.55 **FILM The Bone Collector** Crime thriller with Denzel Washington. (1999, 15, 117min) ★★★
1.20 AM **FILM Red Sonja**
3.10 **FILM Crack in the World** As 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From St Albans.
6.45 **Pawn Stars**
7.30 **Money for Nothing**
8.25 **Junk & Disorderly**
9.20 **Storage Wars**
1.05 PM **Pawn Stars**
2.05 **Outback Wreckers** New edition
3.05 **Money for Nothing**
4.05 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Storage Wars Canada**
7.00 **Money for Nothing**
8.00 **Dickinson's Real Deal** David and the team visit Burton-on-Trent.
9.00 **Outback Wreckers**
10.00 **Junk & Disorderly**
11.00 **Swamp People: Serpent Invasion**
12.00 M'T **Chaos Uncut**
1.00 AM **Alien Files: Unsealed**
2.00 **Mysteries from Above**
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Dogs Behaving (Very) Badly**
10.00 **Amazing Railway Adventures with Nick Knowles** Alaska.
11.00 **Ben Fogle: New Lives in the Wild** Wales
12.00 NOON **All Creatures Great and Small** (S1)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **America in Colour: The 1920s** The Jazz Age.
6.00 **Secrets of Our Universe with Tim Peake**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Ellis** *Ashenham – Part One:* 1/4. (S2)
10.00 **The Madame Blanc Mysteries** 3/6. (S3)
11.00 **Prisoner: Cell Block H**
1.10 AM **Dogs Behaving (Very) Badly**
2.10 **Amazing Railway Adventures with Nick Knowles** Malaysia.
3.10 **to 4.00** AM **America in Colour: The 1920s**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** Quiz show.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** With Jeff Banks, Michelle Ackerley, Andy Crane and Brian Conley.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **1000-lb Sisters** New editions The family conclude their New Orleans vacation with a surprise bachelorette party for Amy. **10.00** Tammy is back on the fence when it comes to attending Amy's wedding.
11.00 **Unacceptable First Look** A sneak peek at the comedy panel show.
11.15 **Dr Pimple Popper**
12.15 AM **Mike & Molly**
1.15 **Dr Pimple Popper**
2.15 **My 600lb Life**
4.15 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends** (S5)
9.00 **Everybody Loves Raymond** (S8)
11.00 **The Upper Hand**
1.00 PM **Friends** (S1)
8.00 **Friends** 23/24. Carol finally gives birth. **8.30** 24/24. Ross's true feelings for Rachel are revealed. (S1)
9.00 **Jimmy Carr's Am I the A**hole?** GK Barry and Jamali Maddix pass judgement on a controversial psychic.
10.00 **Mr Bean** Double bill.
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **South Park**
2.00 AM **Teachers** (S3)
2.30 **David O'Doherty: Comedy Central Live**
3.00 **Jimmy Carr: Comedy Central Live** Stand-up.
3.30 **Michael McIntyre: Live & Laughing**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves Raymond** (S7)
6.45 **The Culture Capsule**
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Christmas Show**
11.00 **Friends**
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S8)
7.00 **Michael McIntyre's Big Christmas Show**
8.00 **The Upper Hand** (S1)
9.00 **Friends**
1.00 AM **8 Out of 10 Cats Uncut** With Johnny Vegas and Vernon Kay.
1.50 **Michael McIntyre's Big Christmas Show**
2.50 **Most Ridiculous**
3.35 **New Girl** (S4)
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.50 **Steptoe and Son** (S6)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S2)
12.35 **Man About the House**
1.10 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 10/13. Drama. (S2)
2.50 **Minder** 5/13. (S2)
3.50 **Just Good Friends** (S1)
4.25 **Man About the House**
4.55 **Bread** 4/14. (S5)
5.30 **Birds of a Feather**
6.00 **That's 60s**
6.05 **Rising Damp** 3/8. (S2)
6.40 **Whatever Happened to the Likely Lads?** (S1
7.20 **Just Good Friends** (S1)
7.55 **Minder** 9/13. (S8)
9.00 **Benidorm** 3/7. (S3)
10.00 **Shameless** 10/11. (S2)
11.00 **Man About the House**
11.35 **Mind Your Language**
12.05 AM **Benidorm** 3/7. (S3)
1.05 **Minder** 5/13. (S2)
2.05 **Duty Free** 7/7. (S2)
2.30 **Man About the House**
2.50 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy**
6.00 **Help! I'm in a Secret Relationship!**
7.00 **Beauty and the Geek Australia** The Grand Final of the reality series.
8.30 **Judge Judy**
9.00 **Skin A&E**
10.00 **Tattoo Fixers** Identical twins come in with matching bad tattoos.
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Lolo Wood take a foul in 'ref down'.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Filthy Fortunes** Double bill.
1.00 PM **Crikey! It's the Irwins**
3.00 **How It's Made: Dream Cars** Four editions, including at: **4.00** A visit to the birthplace of the Caterham Seven. **4.30** The Bugatti Veyron.
5.00 **Alaska: Homestead Rescue** The Raneys answer an SOS call from an off-grid couple. **6.00** The Raneys try to restore a failed homestead in Ohio.

10.00 The Last Woodsmen

7.00 **Kindig Customs** Dave Kindig, KevDogg and Will Lockwood look back at the show's biggest builds and memorable moments.
8.00 **Truck Dynasty** Following Florida's Apocalypse Manufacturing as they create jaw-dropping custom truck builds.
9.00 **Deadliest Catch** New edition Monte discovers Keith's pots, and Johnathan gambles on a million-dollar fall.
10.00 **The Last Woodsmen** New edition A double blowout strands Alicia's Fat Truck, shutting down logging operations.
11.00 **Expedition X** Heather and Phil search for the vengeful and ancient Mayan spirit known as the 'Stone Lady'.
12.00 M'T **Caught!** Double bill.
1.00 AM **Deadliest Catch**
2.00 **The Last Woodsmen**
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Edge of Alaska**
10.00 **Tanked** A one-of-a-kind tank.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** The game wardens search for the elusive big horn sheep in the mountains of West Texas
6.00 **Dr Jeff: Rocky Mountain Vet** When Dr Jeff meets Penelope the pig, he faces a surgery he has never performed before.

8.00 Project Grizzly

7.00 **Treehouse Masters** Pete Nelson returns to Texas to build a sophisticated treehouse in the heart of Dallas.
8.00 **Project Grizzly** Jeff Watson tries to teach his rescued grizzly bears Bob and Screech how to fish.
9.00 **Alaska: The Last Frontier** Eivin builds a motorised cart for Findlay, and there is a rush to fix a breached fence.
10.00 **Alaskan Bush People** The Browns busy themselves making the most of spring by hunting and making building improvements.
11.00 **The Haunted** A dog is seemingly thrown across the room by an invisible entity.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Great Hammerhead Invasion** Documentary.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Engineering Europe**
11.00 **Car S.O.S**
12.00 NOON **Seconds from Disaster** The *Titanic*.
1.00 PM **Air Crash Investigation**
2.00 **Secret Nazi Science**
4.00 **Ancient Structures: Secrets Revealed** How volcanic rock was used to build structures.
5.00 **Dinosaurs from the Deep: Drain the Oceans**
6.00 **World War II: Secrets from Above** A daring attack on the Nazi-occupied Netherlands.

8.00 Mega Marine Machines

7.00 **Air Crash Investigation** A plane bursts into flames just after landing in Japan, but none of the crew or passengers are killed.
8.00 NEW SERIES **Mega Marine Machines** At a Lake Erie recycling yard, a Great Lakes freighter arrives for its final job.
9.00 **Construction Fails** A bridge collapse sparks a probe into structural flaws from sinking roads to a leaning skyscraper.
10.00 **Planes that Changed History** The story of Concorde, a flying marvel that has become synonymous with speed.
11.00 **Air Crash Investigation**
12.00 M'T **Toronto Airport Uncovered** Documentary.
1.00 AM **To Catch a Smuggler**
2.30 **Trafficked with Mariana Van Zeller** Double bill of editions.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack and Why**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Forged with Steele**
6.30 **Digging for Britain**
9.15 **Pawn Stars**
10.10 **Storage Wars**
12.00 NOON **Lost U-Boats of WWII**
1.00 PM **Hitler's Handmaidens**
2.00 **Hitler's British Island**
4.00 **The Abyss: Rise & Fall of the Nazis** The story of the Nazis' defeat at Stalingrad in 1943. **5.00** In 1945, it was unclear whether the Germans had broken with the Nazis.
6.00 **American Pickers** Mike takes a look at speedway mementos.

9.55 World War II

7.00 **Forged in Fire** The contest moves to the renowned Clay Spencer Blacksmith shop in the Appalachian Mountains.
8.00 **Hitler's Engineers** The support Hitler received to cement his hold on power, starting with Albert Speer.
9.00 **World War II with Tom Hanks** New editions The Allies plan to penetrate the Nazis via Italy. **9.55** Allied air forces engage in a battle with the German Luftwaffe over the skies of Europe.
10.50 **Kursk: 10 Days That Shaped Putin** 1/2. The story of an explosion onboard a Kursk submarine in the Barents Sea in August 2000.
11.50 **Kursk: 10 Days That Shaped Putin** 2/2. Documentary.
12.50 AM **Hitler's Engineers**
1.45 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
3.40 **American Pickers**
4.35 **to 6.00** AM **Storage Wars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Seventies**
7.00 **Discovering: Julia Roberts**
8.00 **The Directors**
9.00 **The Movies**
9.55 **Charlie Hustle & the Matter of Pete Rose**
11.00 **Spector**
12.00 NOON **The Man Who Stole The Scream** Documentary.
2.00 PM **Brazil 2002**
3.45 **My Icon: Darren Campbell**
4.00 **The Directors**
5.00 **Discovering: Julia Roberts**
6.00 **I Am Heath Ledger** The life and work of the actor.

5.00 Discovering: Julia Roberts

7.50 **My Icon: Linford Christie** The former sprint superstar discusses the individuals that have inspired him.
8.00 **Rik Mayall: Magnificent B'stard** A documentary tribute to the influential and much-missed comedian, featuring contributions from Stephen Fry, Ben Elton, Greg Davies, Nigel Planer and Adrian Edmondson.
10.00 **Belushi** The life story of comedy star John Belushi, who captured the hearts of audiences worldwide before his untimely death aged 33.
12.00 M'T **Kings from Queens: The Run DMC Story** 1-3/3. The story of the pioneering New York City hip-hop group.
3.00 AM **Dave Not Coming Back** Two divers' efforts to retrieve a dead body from a freshwater cave in South Africa.
5.00 **to 6.00** AM **Discovering: Julia Roberts**

Tuesday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Truckers**
1.00 PM **Johnny Vegas' Little Shop of Antiques**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** An attic filled with Ferrari memorabilia.
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **Shed and Buried**
9.00 **Shed and Buried: Classic Cars** Henry and Fuzz visit Kent to check out an eclectic collection.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Lady Killers**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **Body Cam** New editions An officer must ram a suspect off the road, endangering her own life in doing so. **10.00** In New Mexico, a carjacker kidnaps terrified passengers.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The story of 19-year-old Tai O'Donnell, who entered a volatile relationship.
8.00 **UK Crime Files: Murder at the Gate** Exploring the case of Nigel Bacon.
9.00 **UK Crime Files: Acid Bath Murders** The case of John George Haigh.
10.00 **Killers: Caught on Camera** The case of what happened when a gloating social media post entrapped a killer.
11.00 **New Scotland Yard Files** Nisha Patel-Nasri.
12.00 M'T **UK Crime Files: Murder at the Gate**
1.00 AM **UK Crime Files: Acid Bath Murders**
2.00 **Killers: Caught on Camera** As 10.00pm.
3.00 **Murder UK**
4.00 **to 6.00** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Kidnap and Murder of an Heiress**
9.55 **UK Crime Files: Dating App Murder**
11.00 **Secrets of a Murder Detective** Sian Blake.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: The Plumstead Ripper**
3.00 **UK Crime Files: Murder – Smoke and Lies**
4.00 **Secrets of a Murder Detective** True-crime.
5.00 **Medical Detectives** The death of an elderly couple in a fire. **5.30** Investigators close in on a killer. **6.00** Hunters make a grisly find in a canyon. **6.30** A woman goes missing in Key West.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **A1: Britain's Longest Road** Documentary.
9.00 **Caught Red Handed**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **Catching the Killer**
2.00 **World's Most Evil Killers**
3.00 **How I Caught the Killer**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Murders That Shocked the Nation**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Killer in My Village**
10.00 **Catching the Killer**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil...**
1.00 AM **Murder Uncut**
2.00 **Murdered at First Sight**
3.00 **Britain's Most Evil Killers**
4.00 **A1: Britain's Longest Road** Documentary.
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of...**
8.40 **The Rise and Fall of the Rust Belt**
9.50 **Thirties in Colour**
10.50 **Terror on the Space Station** Documentary.
11.55 **Mr Polaroid**
1.00 PM **Grand Tours of...**
1.40 **The Rise and Fall of the Rust Belt**
2.50 **Thirties in Colour**
3.50 **Terror on the Space Station** Documentary.
4.55 **Grand Tours of the Scottish Islands**
5.35 **Mr Polaroid**
6.40 **The Rise and Fall of the Rust Belt**
7.55 **Thirties in Colour**
8.50 **Terror on the Space Station** Series finale 2/2. A look at life and death in low Earth orbit.
9.55 **Mr Polaroid**
11.00 **Thirties in Colour**
12.00 M'T **Terror on the Space Station**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Orangutan Jungle School**
9.00 **Great Blue Wild**
10.00 **Mysteries of the Mekong**
11.00 **Africa's Hunters**
12.00 NOON **Wild Birds of Australia**
1.00 PM **Monkey Life**
2.00 **Orangutan Jungle School**
3.00 **Great Blue Wild**
4.00 **Mysteries of the Mekong**
5.00 **Africa's Hunters**
6.00 **Wild Birds of Australia**
7.00 **Monkey Life** Double bill.
8.00 **Wild Science** Tracking the black rhino's evolution through adaptation and conservation.
9.00 **Islands** A look at the ecosystem of Borneo.
10.00 **Wild Birds of Australia** A look at the world of emus.
11.00 **Africa's Hunters**
12.00 M'T **America's Wild Seasons**
1.00 AM **Hope for Wildlife**
2.00 **Wild Science** As 8.00pm.
3.00 **Islands** As 9.00pm.
4.00 **Orangutan Jungle School**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Crimes That Shook Britain**
9.00 **Combat Ships**
10.00 **History's Greatest Aircraft**
11.00 **Ancient Aliens**
1.00 PM **History's Greatest Aircraft**
4.00 **Hitler's British Island**
6.00 **Ghost Ships**
7.00 **Crimes That Shook Britain** Dermot Murnaghan examines the tragic case of five-year-old April Jones, who was abducted and killed by 46-year-old Mark Bridger in October 2012.
8.00 **Hitler's Engineers** The Nazi past of NASA engineer Wernher von Braun.
9.00 **The UnXplained: Mysteries of the Universe** Actor William Shatner explores the vast array of moons in the solar system.
10.00 **Secrets of the Hells Angels** The world of the secretive and notorious biker club.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Crimes That Shook Britain**
2.00 **History's Greatest Aircraft**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **How It's Made**
8.30 **Above and Beyond: NASA's Journey to Tomorrow**
10.00 **How the Universe Works**
11.00 **Alaska Mega Machines**
12.00 NOON **The Dino Hunters**
1.00 PM **Blowing Up History**
3.00 **How the Universe Works**
5.00 **Alien Highway**
6.00 **How It's Made: Dream Cars**
7.30 **How Do They Do It?** A look at how Parmesan cheese is made. **8.00** A look at ways to weave an authentic Turkish carpet. **8.30** Examining how the street lamps of Venice are cast.
9.00 **Incredible Engineering Blunders: Fixed** Justin Cunningham learns the truth about a landslide in Turkey. **10.00** The science behind a skyscraper melting a car.
11.00 **You Have Been Warned**
1.00 AM **How the Universe Works**
3.00 **Alien Highway**
4.00 **to 6.00** AM **Blowing Up History**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitives Caught on Tape**
9.30 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Missing Presumed Dead**
2.00 PM **Green Eyed Killers**
3.00 **Buried in the Backyard**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48**
8.00 **Green Eyed Killers** New edition A Florida woman is shot dead at a gym.
9.00 **Staged: Deadly Deception** New edition A frantic emergency call sparks the search for a missing mother.
10.00 **The Death Investigator with Barbara Butcher** New edition The 1997 murder of a beloved Bronx teacher.
11.00 **Very Scary People**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Crime in Progress** New edition
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Exotic Animal ER**
10.00 **Monster Fish**
11.00 **Fish Tank Kings**
12.00 NOON **Secrets of the Zoo: North Carolina** Documentary.
1.00 PM **Europe from Above**
2.00 **Colossal Sea Creatures**
3.00 **Fish Tank Kings**
4.00 **Fish My City**
5.00 **Yukon Vet** Double bill.
7.00 **Secrets of the Zoo: Tampa** African animals take centre stage as the zoo welcomes its very first female giraffe, elephants are put to the test and a new rhino calf is born.
8.00 **Predator in Paradise** Carnivores that inhabit coastline jungles.
9.00 **When Predators Attack** The world's deadliest snakes.
10.00 **Northwoods Survival**
11.00 **Ultimate Airport Dubai**
12.00 M'T **Dutch Caribbean Coastguards** Documentary.
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Fish Tank Kings**

Discovery History

161/172 147 181

7.00 AM **Concorde: The Final Flight**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** The possibility of life on Mars in previous eras.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Concorde: The Final Flight** The story of the supersonic plane's last flight from New York to London in October 2003. Narrated by Bill Nighy.
9.00 **Legendary Locations** Exploring stories of perseverance.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **NASA's Unexplained Files**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Inside the Ambulance: Coast and Country**
1.00 PM **Inside the Ambulance: Coast and Country**
5.00 **Hornby: A Model World**
7.00 **Hornby: A Model World** Paramjit in the Airfix team works on a Buccaneer fighter jet in 1:48 scale, complete with folding wings, extra armaments and exposed engine bay. **8.00** The Hornby team attempt to replicate the legendary 9F steam locomotive, using new design technology. **9.00** There's a huge challenge for designer Phil to get the iconic curvature correct on Hornby's latest range of A4 locos. **10.00** Hornby plan a miniature 1930s classic 'Coronation' train, including the elegant 'Beavertail' observation carriage. **11.00** Music mogul Pete Waterman is recreating the section of West Coast Mainline.
12.00 M'T **Hornby: A Model World**
5.30 **to 6.00** AM **Villages by the Sea**

+1hour 266 376

ID

154 140 166

8.00 AM **Murder in the Heartland**
12.00 NOON **Evil Online**
1.00 PM **American Monster**
3.00 **The Killer Beside Me**
6.00 **Love the Way You Lie** The tempestuous marriage between Bonny Lee Bakley and movie star Robert Blake. Within months the couple were in a custody battle leading to one of them being murdered.
7.00 **Betrayed** The case of Linda Singleton, who was involved in a deadly love triangle. **8.00** The story of Kelly Bullwinkle, a 17-year-old student who found herself in a dangerous love triangle.
9.00 **Signs of a Psychopath** Experts look at a sexual psychopaths, who are motivated by their heightened sexual urges and fantasies, enacting both physical and sexual violence.
10.00 **Evil Lives Here** Triple bill.
1.00 AM **Blood Relatives**
2.00 **The Killer Beside Me**
4.00 **to 6.00** AM **Betrayed**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead Master Mechanic**
3.00 **World's Biggest Shipbuilders**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Iron Resurrection**
6.00 **Wheeler Dealers World Tour**
7.00 **Shed and Buried**
8.00 **Iron Resurrection** 1/2. Joe and Mandi Martin have a big surprise in store for Pompa.
9.00 **Outback Truckers** Jim Foody transports medical supplies through flood-ravaged roads.
10.00 **The Explosion Show**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Iron Resurrection**
1.00 AM **Richard Hammond's Workshop** A bizarre military vehicle enters the workshop.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

7.05 AM **LifeHack** As 3.30am.
8.50 **The SpongeBob Movie: Search for SquarePants**
10.35 **Mile End Kicks** As 4.05pm.
12.35 PM **Strung** As 11.45pm.
2.20 **No Ordinary Heist** Thriller. (2026, 15, 99min) ★★★
4.05 **Mile End Kicks** Comedy. (2025, 15, 111min) ★★★★
6.00 **The SpongeBob Movie: Search for SquarePants** Animated comedy adventure. (2025, PG, 88min) ★★★

7.45 The Choral

7.45 **The Choral** Comedy drama starring Ralph Fiennes. A choral society's male members enlist in World War One, leaving Dr Guthrie to recruit teenagers in their place. (2025, 15, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **Black Phone 2** Thriller sequel starring Ethan Hawke. The survivor of a serial killer attempts to stay alive when the vengeful psychopath he thought he killed returns. (2025, 18, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Strung** Thriller starring Chloe Bailey. (2025, 15, 119min)
1.50 AM **Sisu: Road to Revenge** Action sequel starring Jorma Tommila. Partly subtitled. (2025, 15, 89min) ★★★★
3.30 **LifeHack** Thriller with Georgie Farmer. (2025, 15, 97min)
5.15 **to 6.00** AM **They Will Kill You** Horror comedy starring Zazie Beetz. (2025, 15, 94min) ★★★

Sky Cinema Hidden Gems

303 303 403 503 517

6.10 AM **Timestalker** As 3.05am.
8.00 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
10.00 **Demolition Man** Sci-fi thriller. (1993, 15, 114min) ★★★
12.00 NOON **InnerSpace** Comedy thriller. (1987, PG, 119min) ★★★
2.10 PM **Boyz N the Hood** Drama. (1991, 15, 111min) ★★★★★
4.05 **The Long Kiss Goodnight** Thriller. (1996, 18) ★★★★
6.15 **Nobody 2** Comedy thriller sequel. (2025, 15, 89min) ★★★

8.00 This Is Spinal Tap

8.00 **This Is Spinal Tap** Spoof documentary recounting the misadventures of an ageing English rock band on tour in America. Stars Christopher Guest. (1983, 15, 83min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Spinal Tap II: The End Continues** Spoof documentary sequel with Michael McKean, Harry Shearer and Christopher Guest. The band reunite after a 15-year break for one final concert. (2025, 15, 83min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Mars Attacks!** Sci-fi spoof. (1996, 12, 106min) ★★★★
1.10 AM **Opus** Comedy thriller. (2025, 15, 104min) ★★★★
3.05 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
4.50 **The Cinema List: Race Against Time**
5.10 **to 6.50** AM **Coup!** Comedy thriller with Peter Sarsgaard. (2023, 12, 98min) ★★★★

Sky Cinema Drama

310 310 410 510 524

7.20 AM **The Cinema List: Remakes**
7.35 **The Friend** As 3.20am.
9.45 **Girl You Know It's True** Biopic. (2023, 15, 124min) ★★★
11.50 **Boyz N the Hood** Drama. (1991, 15, 111min) ★★★★★
1.55 PM **Moneyball** Sports drama. (2011, 12, 133min) ★★★★
4.20 **Lost in Translation** Bittersweet romantic comedy drama. (2003, 15, 102min) ★★★★★
6.10 **Don't Let's Go to the Dogs Tonight** Drama written, directed by and starring Embeth Davidtz. (2024, 15, 99min) ★★★★
8.00 **Cast Away** Survival drama with Tom Hanks and Helen Hunt. (2000, 12, 143min) ★★★★
10.30 **Anora** Romantic comedy drama starring Mikey Madison. A sex worker marries the son of an oligarch, but his family in Russia try to get the marriage annulled. With Mark Eyldelshteyn. (2024, 18, 139min) ★★★★★
1.00 AM **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★
3.20 **The Friend** Drama starring Naomi Watts and Bill Murray. (2024, 15, 120min) ★★★★
5.25 **to 7.00** AM **The Luckiest Man In America** Fact-based drama. (2024, 15, 90min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

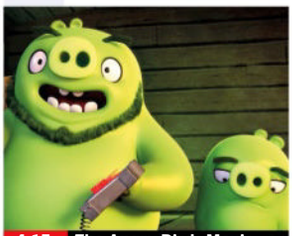
6.45 AM **The Meg** Action thriller. (2018, 12, 113min) ★★★
8.45 **The Crazies** Horror remake. (2010, 15, 101min) ★★★★
10.30 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★
12.10 PM **Anaconda** Adventure. (1997, 15, 89min) ★★★
1.55 **Pitch Black** Sci-fi chiller with Vin Diesel and Radha Mitchell. (1999, 15, 108min) ★★★★
3.50 **The Chronicles of Riddick** Sci-fi adventure sequel to *Pitch Black*. (2004, 15, 119min) ★★★
5.55 **Riddick** Sci-fi thriller sequel. (2013, 15, 122min) ★★★
8.00 **Men in Black** Sci-fi comedy with Tommy Lee Jones and Will Smith. (1997, PG, 94min) ★★★★
9.40 **From Dusk Till Dawn** Gory horror thriller starring George Clooney and Harvey Keitel. (1995, 18, 108min) ★★★★
11.30 **The Running Man** Adventure. (1987, 18, 101min) ★★★
1.15 AM **Mad Max** Action thriller with Mel Gibson and Joanne Samuel. (1979, 15, 93min) ★★★★★
2.50 **Mad Max 2** Thriller sequel. (1981, 18, 95min) ★★★★
4.30 **to 6.20** AM **Mad Max Beyond Thunderdome** Action thriller sequel. (1985, 15, 107min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

6.00 AM **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
7.45 **MouseHunt** As 4.15am.
9.25 **Chicken Run** (2000) ★★★★
10.55 **Lemony Snicket's A Series of Unfortunate Events** (2004)
12.50 PM **Gabby's Dollhouse: The...**
2.40 **Trolls** (2016, U) ★★★
4.15 **The Angry Birds Movie** Animation. (2016, U) ★★★
6.00 **The Angry Birds Movie 2** Animation. (2019, U) ★★★


4.15 The Angry Birds Movie

7.45 **Gabby's Dollhouse: The Movie** Comedy adventure with Laila Lockhart Kraner. Gabby's prized dollhouse ends up in the hands of an eccentric cat lady. (2025, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

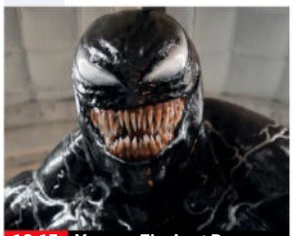
9.30 **Pokemon: Detective Pikachu** Fantasy adventure starring Justice Smith and featuring the voice of Ryan Reynolds. A student sets out to find his missing detective father by teaming up with a talking Pikachu. (2019, PG, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Open Season 2** Animated comedy adventure sequel. (2008, PG, 73min) ★★★
12.45 AM **Open Season 3** Animated sequel. (2010, U, 74min) ★★
2.05 **Annie** Musical starring Albert Finney. (1982, U, 128min) ★★★
4.15 **to 6.00** AM **MouseHunt** Comedy starring Nathan Lane. (1997, PG, 98min) ★★★★

Sky Cinema Action

306 306 407 507 521

7.30 AM **Long Gone Heroes** Thriller. (2024, 15, 101min) ★★★
9.20 **Green Lantern** Adventure. (2011, 12, 114min) ★★
11.20 **Kong: Skull Island** Adventure. (2017, 12, 118min) ★★★★
1.20 PM **S.W.A.T.** Action thriller. (2003, 12, 115min) ★★★
3.20 **Bad Boys** Comedy thriller. (1995, 15, 118min) ★★★
5.30 **Bad Boys II** Comedy thriller sequel starring Will Smith. (2003, 15, 147min) ★★★


10.15 Venom: The Last Dance

8.00 **Bullet Train** Comedy thriller starring Brad Pitt, Aaron Taylor-Johnson, Joey King, Brian Tyree Henry and Andrew Koji. Five assassins aboard a high-speed train discover their missions have something in common. (2022, 15, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Venom: The Last Dance** Fantasy adventure with Tom Hardy. Eddie Brock and partner-in-crime Venom face dangers from two worlds as the end of their symbiotic relationship grows near. (2024, 15, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
2.05 **Jackie Chan's First Strike** Thriller. (1996, 12, 83min) ★★
3.45 **Love Hurts** Action comedy. (2025, 15, 83min) ★★
5.25 **to 7.10** AM **Safe House** Thriller. (2025, 15, 90min) ★★★

Sky Cinema Comedy

308 308 408 508 522

6.50 AM **Napoleon Dynamite** Teen comedy. (2004, PG) ★★★★
8.25 **Sleepless in Seattle** Comedy. (1993, PG, 105min) ★★★★★
10.15 **Mamma Mia!** (2008) ★★★★
12.15 PM **Eddie the Eagle** Biopic. (2016, PG, 103min) ★★★
2.15 **Beverly Hills Cop II** Comedy thriller sequel. (1987, 15) ★★★
4.05 **Anchorman 2: The Legend Continues** (2013, 15) ★★
6.05 **Central Intelligence** Comedy. (2016, 12, 107min) ★★★

6.05 Central Intelligence

8.00 **Blades of Glory** Slapstick comedy starring Will Ferrell and Jon Heder. Two ice skating rivals team up as the first all-male figure skating pair in history. (2007, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Talladega Nights: The Ballad of Ricky Bobby** Comedy with Will Ferrell, John C Reilly and Sacha Baron Cohen. A stock car racer rises to the top, but his pride takes a dent when a French Formula 1 driver challenges his supremacy. (2006, 15, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Sausage Party** Animation. (2016, 15, 89min) ★★★
1.15 AM **Mean Machine** Sports drama. (2001, 15, 99min) ★★
3.05 **The Whole Nine Yards** Black comedy. (2000, 15) ★★★
4.45 **to 6.15** AM **Police Academy 2: Their First Assignment** Comedy sequel. (1985, 12) ★★

Sky Cinema Thriller

309 309 409 509 523

6.35 AM **Absolution** Thriller. (2024, 15, 112min) ★★★
8.35 **The Towering Inferno** Disaster movie starring Paul Newman. (1974, 12, 165min) ★★★★
11.30 **Caddo Lake** As 1.30am.
1.20 PM **Captain Phillips** Fact-based action thriller. (2013, 12, 129min) ★★★★★
3.40 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
5.50 **The Fugitive** Action thriller. (1993, 15, 128min) ★★★★★

8.00 No Country for Old Men

8.00 **No Country for Old Men** The Coen Brothers' thriller starring Tommy Lee Jones, Javier Bardem and Josh Brolin. A dogged lawman and a ruthless contract killer pursue a Texan who has made off with $2million in drug money. (2007, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **One Last Deal** Drama starring Danny Dyer. A sports agent scrambles to land one last lucrative deal for his star client, with both their futures on the line. With Elliott Rogers. (2026, 18, 89min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★
1.30 AM **Caddo Lake** Thriller. (2024, 12, 99min) ★★★
3.15 **True Romance** Crime thriller. (1993, 18, 118min) ★★★★
5.20 **to 7.00** AM **The Stranger in My Home** Thriller with Sophia Bush. (2025, 15, 91min) ★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **How Green Was My Valley** John Ford's drama. (1941, b/w, U, 118min) ★★★★
1.20 PM **Mary, Queen of Scots** Historical drama with Vanessa Redgrave and Glenda Jackson. (1971, 12, 128min) ★★
4.05 **Warlock** Western with Henry Fonda. (1959, U, 123min) ★★★
6.40 **Deep Impact** Disaster movie starring Robert Duvall. (1998, 12, 123min) ★★★★

9.00 Peppermint

Deep Impact (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Peppermint** Revenge thriller starring Jennifer Garner. An LA banker sets out on a one-woman vengeance mission after her husband and daughter are killed. With John Gallagher Jr, John Ortiz and Juan Pablo Raba. (2018, 15, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.05 **Daredevil** Comic-book adventure starring Ben Affleck. A man blinded in childhood by toxic waste becomes a secret crime-fighting superhero. With Jennifer Garner, Colin Farrell and Michael Clarke Duncan. (2003, 15, 101min) ★★★
1.10 **to 3.35** AM **Call Jane** Drama starring Elizabeth Banks. (2022, 12, 121min) ★★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

6.05 AM **Don't Let's Go to the Dogs Tonight** As shown at 3.15am.
7.50 **The Cut** As shown at 11.50pm.
9.30 **Reckless** As shown at 1.30am.
11.10 **Borderline** Dark comedy horror. (2025, 15, 94min) ★★★
12.50 PM **On Swift Horses** Drama. (2024, 15, 119min) ★★★
2.50 **A Big Bold Beautiful Journey** Romantic drama starring Colin Farrell. (2025, 15, 109min) ★★★
4.45 **The Ballad of Wallis Island** Comedy drama starring Tim Key. (2025, 12, 100min) ★★★★
6.30 **The Naked Gun** Comedy reboot starring Liam Neeson. (2025, 15, 85min) ★★★★
8.00 **Materialists** Romantic comedy starring Dakota Johnson, Chris Evans and Pedro Pascal. (2025, 15, 116min) ★★★★
10.00 **Pillion** Dark romantic comedy. (2025, 18, 107min) ★★★
11.50 **The Cut** Psychological thriller. (2024, 12, 99min) ★★★
1.30 AM **Reckless** Action comedy. (2026, 15, 105min) ★★★
3.15 **Don't Let's Go to the Dogs Tonight** Drama written, directed by and starring Embeth Davidtz. (2024, 15, 99min) ★★★★
5.00 **to 6.45** AM **Flavia** Adventure. (2026, PG, 105min) ★★★

Sky Cinema Greats

307 307 404 504 518

8.10 AM **The Karate Kid Part II** Martial arts adventure sequel. (1986, PG, 113min) ★★
10.05 **The Karate Kid: Part III** Martial arts adventure sequel with Ralph Macchio. (1989, PG, 111min) ★
12.00 NOON **Stuart Little** Fantasy featuring the voice of Michael J Fox. (1999, U, 84min) ★★★★★
1.30 PM **Liar Liar** Comedy with Jim Carrey. (1997, 12, 86min) ★★★★
3.00 **Planes, Trains and Automobiles** Comedy. (1987, 15, 92min) ★★★★★
4.35 **National Lampoon's Vacation** Comedy. (1983, 15, 95min) ★★
6.20 **Caddyshack** Comedy with Chevy Chase. (1980, 15, 95min) ★★★
8.00 **American Pie** Teen comedy starring Jason Biggs and Eugene Levy. (1999, 15, 96min) ★★★★
9.40 **Big Daddy** Comedy with Adam Sandler. (1999, 12, 95min) ★★★
11.15 **The First Wives Club** Comedy. (1996, PG, 102min) ★★★
1.00 AM **The 'burbs** Comedy starring Tom Hanks and Carrie Fisher. (1989, PG, 103min) ★★★
2.45 **Arthur** Comedy starring Dudley Moore. (1981, 15, 93min) ★★★★
4.25 **to 6.00** AM **The Man with Two Brains** Black comedy. (1983, 15, 93min) ★★★★

Disney+ Cinema

305 305

6.00 AM **Bambi** Classic cartoon. (1942, U, 69min) ★★★★★
7.15 **Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy. (2005, PG) ★★★★
9.40 **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U) ★★★
10.55 **Diary of a Wimpy Kid: Dog Days** Family comedy sequel. (2012, U, 90min) ★★★
12.35 PM **Aladdin** Animated fantasy. (1992, U, 90min) ★★★★★
2.05 **Finding Nemo** Animation. (2003, U, 104min) ★★★★★
3.50 **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
5.40 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
7.25 **Confessions of a Shopaholic** Romantic comedy starring Isla Fisher and Hugh Dancy. (2008, PG, 104min) ★★★
9.00 **Gifted** Drama starring Chris Evans. (2017, 12, 101min) ★★★★
10.40 **28 Weeks Later** Horror sequel. (2007, 18, 99min) ★★★★
12.25 AM **Bad Company** Comedy thriller. (2002, 12, 112min) ★★★
2.20 **I Love You, Beth Cooper** Teen comedy. (2009, 15, 97min) ★
4.05 **to 6.00** AM **Ratatouille** Animation. (2007, U) ★★★★★

Movies 24

312 313 419

7.00 AM **My Dreams of You** Drama. (2024, PG, 90min) ★★
9.00 **Destination Love** Romantic comedy. (2021, PG, 90min) ★★
11.00 **His and Hers** Romantic drama. (2024, PG, 90min) ★★
1.00 PM **Catch of the Day** Romantic drama. (2025, PG, 84min) ★★
3.00 **Harmony From the Heart** Romantic comedy drama. (2022, PG, 87min) ★★
5.00 **A Bestselling Kind of Love** Drama. (2024, PG, 90min) ★★
7.00 **Aloha Heart** Romantic drama starring Kanoa Goo and Taylor Cole. (2023, PG, 90min) ★★
9.00 **The Boxer and the Butterfly** Drama starring Katrina Norman and Brock Yurich. An aspiring dancer is dropped by her partner days before her big performance, so teaches a boxer to take his place. (2023, PG, 90min) ★★
11.00 **Something's Brewing** Drama. (2023, PG, 89min) ★★
1.00 AM **CrimeTime: Freefall** Mystery with Lyndie Greenwood. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Mystery Island: House Rules** Crime drama. (2024, PG, 84min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Born of the Sea** As 3.00am.
7.00 **Woman Who Came Back** Horror. (1945, b/w, PG) ★★★
8.20 **The Price of Silence** Drama. (1959, b/w, U, 81min) ★★★
9.55 **Tarnished Heroes** World War Two drama with Dermot Walsh. (1961, b/w, U, 75min) ★★★
11.30 **Star Performance** 20/38. (S3)
12.00 NOON **Sergeant Cork** 3/4. (S5)
1.05 PM **Adventures of William Tell**
1.35 **Talking Pictures with Hayley Mills** Mike Read chats to the actor about her iconic roles.
2.35 **Peter Lorre: Behind the Mask**
3.40 **Cromwell** Historical epic. (1970, PG, 141min) ★★★
6.25 **Whiplash** 21/34. (S1)
6.55 **The Man from UNCLE** (S1)
8.00 **The Mind of Mr JG Reeder**
9.05 **The Racing Game** 6/6. (S1)
10.10 **The Day of the Triffids** Sci-fi thriller starring Howard Keel. (1962, 12, 95min) ★★
12.10 AM **Fortean TV** 5/10. (S1)
12.45 **Let No Man Write My Epitaph** Crime drama starring Burl Ives. (1961, b/w, 18, 105min) ★★★
2.55 **Cinebox Memories**
3.00 **Born of the Sea** Drama. (1949, b/w, U, 47min) ★★★
4.00 **Target: The Corruptors** (S1)
5.00 **to 6.00** AM **The Rogues**

Tuesday

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast** Headlines surrounding the tournament.
10.00 **World Cup Matchday** A look ahead to upcoming matches, featuring expert opinion, live discussion and analysis of the biggest World Cup stories.
2.00 PM **LIVE Women's T20 Cricket World Cup** Coverage of the opening semi-final staged at the Oval in London. Australia's reign as champions came to an end at this stage when the tournament was last staged two years ago in the United Arab Emirates. They fell to an eight-wicket defeat at the hands of South Africa, with Anneke Bosch scoring 74 off 48 balls for the victors.
6.00 **World Cup Matchday** In-depth analysis and discussion on the latest World Cup matches.
7.00 **World Cup Report** Daily guide to the tournament in Mexico, Canada and the USA, with updates on the latest last-32 match from Dallas, Texas.
12.00 M'T **to 6.00** AM **World Cup Report**

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **Premier League Highlights**
11.00 **SNF** Action from Leeds United v Newcastle United at Elland Road.
11.30 **Premier League Highlights**
4.00 PM **SNF** Action from West Ham United v Tottenham Hotspur.
4.30 Brentford v Chelsea.
5.00 **Premier League Highlights** Action from Burnley v Liverpool.
5.30 Highlights of Manchester City v Manchester United.
6.00 **Premier League Review** A look at some of the finest strikes throughout the 2025/26 season.
7.00 **Brazilians in the Premier League** A look at the Brazilian stars who have graced the top flight.
8.00 **Netbusters** Fast-paced highlights using alternative angles, featuring every goal from every game.
9.00 **Premier League Review**
11.00 **Premier League Years** A look back at the 2020/21 season.
1.00 AM **PL Retro** A chance to see Chelsea v Liverpool in 2002/03.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 2009/10**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **Retro League One**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** Arsenal v Manchester City in the 2018 final.
10.30 **EFL Best Goals 2017/18**
11.00 **Henrik Larsson: 20 Years On**
12.00 NOON **EFL** Highlights from Hull City v Middlesbrough in this year's Championship play-off final.
1.00 PM Action from Bolton Wanderers v Stockport County in the League One play-off final.
2.00 Notts County v Salford City in the League Two play-off final staged at Wembley Stadium.
3.00 **EFL Greatest Games**
4.00 **SPFL Greatest Games** Motherwell v Hibernian in 2010.
6.00 **Championship Retro** Watford v Leicester City in the 2013 play-off semi-final second leg.
8.00 **EFL Greatest Games**
10.00 **EFL Cup** Manchester United v Southampton in the 2017 final.
11.00 **Celtic's Invincibles**
12.00 M'T **Championship Retro** Aston Villa v Derby in the 2018/19 Championship play-off final.
2.00 AM **EFL Greatest Games**
4.00 **EFL Cup** The 2021 final.
5.00 **Best Goals: EFL Cup 2020/21**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Test Cricket** Highlights.
11.00 **Women's T20 World Cup**
12.00 NOON **Women's World Cup** England v Ireland.
12.30 PM **Women's T20 World Cup**
2.00 **LIVE Women's T20 Cricket World Cup** Coverage of the opening semi-final staged at the Oval in London. Australia's reign as champions came to an end at this stage when the tournament was last staged two years ago in the United Arab Emirates. They fell to an eight-wicket defeat at the hands of South Africa, with Anneke Bosch scoring 74 off 48 balls for the victors.
6.00 **Best of WT20**
6.30 **Women's T20 World Cup** Highlights of Australia v India.
8.00 **Women's World Cup** Action from England v Ireland.
8.30 **Women's T20 World Cup**
12.00 M'T **Test Cricket** Highlights.
1.00 AM **Women's T20 World Cup**
1.30 **Test Cricket** England v N Zealand.
2.30 **Women's World Cup 2017**
3.00 **Best of ICC WT20**
3.30 **Women's T20 World Cup**
4.00 **Women's World Cup**
4.30 **to 6.00** AM **T20 World Cup**

Sky Sports Golf

406 406 506 423 443

6.00 AM **Golf Academy**
7.00 **Playing Lessons** Max Homa.
8.00 **Nick Dougherty's Tee Time Tips**
9.00 **Best of the Open Zone 2024**
10.00 **DP World Tour Golf**
10.30 **PGA Tour Golf** Highlights.
11.30 **Women's PGA Championship**
12.30 PM **Best of the Open Zone**
1.00 **School of Golf** Expert advice.
2.00 **Playing Lessons**
3.00 **Best of the Open Zone**
5.00 **PGA Tour Golf** Highlights.
6.00 **Rose Ladies Series**
7.00 **HotelPlanner Tour Golf**
7.30 **DP World Tour Golf**
8.00 **Women's PGA Championship**
9.00 **PGA Tour Golf** The fourth day of the Travelers Championship.
10.00 **HotelPlanner Tour Golf**
10.30 **DP World Tour Golf**
11.00 **PGA Tour Champions**
12.00 M'T **PGA Tour Golf**
1.00 AM **Women's PGA Championship** The fourth day.
2.00 **PGA Tour Golf** Highlights.
3.00 **The Open – Official Films**
4.00 **Golf Academy** Expert tips.
5.00 **to 6.00** AM **School of Golf**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP Tennis** Munich Open.
7.00 **ATP & WTA Tour Classics**
8.00 **US Open Classic Matches**
9.00 **Best of Federer** Archive action.
11.00 **WTA & ATP Tennis**
3.30 PM **US Open Classic Matches**
5.30 **WTA Tennis** Miami Open review.
6.00 **Best of Federer** Archive action.
8.00 **Best of Serena Williams**
10.00 **US Open Classic Matches**
11.00 **ATP Tennis** Monte-Carlo Masters.
12.00 M'T **WTA & ATP Tennis**
3.00 AM **Best of Federer**
5.00 **to 6.00** AM **ATP & WTA Tour**

TNT Sports 1

410 413 521 408 430

6.00 AM **International T20 Cricket**
8.00 **Wimbledon** The first day.
9.30 **Premiership Women's Rugby**
11.00 **WRC Review** Rally Greece.
12.00 NOON **Supercars Championship**
2.00 PM **Cycling** Giro d'Italia.
3.00 **Premiership Women's Rugby**
4.30 **The Gallagher PREM**
6.30 **Premier League Stories**
7.00 **Cycling Essential Stories**
7.15 **The Cycling Show**
7.45 **TNT Sports Cricket Reload**
8.00 **Test Cricket Highlights**
9.00 **UFC: The Ultimate Fighter**
10.00 **Wimbledon** The second day.
11.30 **MLB Lead Off** Match preview.
12.00 M'T **LIVE MLB New York Yankees v Detroit Tigers.** Coverage of the American League match from Yankee Stadium. The two sides met four during Spring Training with both of them picking up two victories each. The Yankees won the first game thanks to a massive 20-3 win then followed it up with a 4-3 victory before the Tigers won the last two matches with 12-1 and 3-1 wins. Start-time **12.05am**.
3.00 AM **MLB Closer** A look back.
3.30 **to 6.00** AM **Champions League**

TNT Sports 2

411 414 522 409 431

6.00 AM **Motocross World Championship** From Portugal.
9.00 **MotoGP** Highlights from the Grand Prix of Netherlands.
12.30 PM **MotoGP Films**
1.00 **MLB Highlights**
2.00 **Mass Participation World**
2.30 **Powerlifting World Classic Championship** From Lithuania.
3.30 **BMX Racing** Highlights from the UEC BMX Racing European Championships in Sarrians, France.
4.30 **WRC Review** Rally Greece.
5.30 **MLB Highlights**
6.30 **MotoGP Rewind**
6.45 **Motocross World Championship** Highlights of races from Agueda, Portugal.
9.45 **MotoGP** Action from the Moto3 Grand Prix of Netherlands.
10.45 Highlights from the Moto2 Grand Prix of Netherlands.
11.45 The MotoGP Grand Prix of Netherlands sprint race.
12.15 AM Action from the MotoGP Grand Prix of Netherlands.
1.15 **The Gruppetto** Cycling news.
1.30 **The Cycling Show**
2.00 **Premier League Stories**
2.30 **Wimbledon** The second day.
4.00 **to 6.00** AM **TNT Sports Reload**

Sky Sports Action

412 410 510 426 446

6.00 AM **Women's Super League** Wigan Warriors v York Valkyrie.
9.00 Wigan Warriors v St Helens in the 2025 Grand Final.
12.00 NOON **Super Bowl LX** Seattle Seahawks v New England Patriots.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** Philadelphia Eagles v Los Angeles Rams.
4.00 **Super League Highlights**
4.45 **World Club Challenge**
5.00 **NFL Bitesize Highlights**
5.30 **NBA on Fire** The latest news.
6.00 **NBA Basketball** Brooklyn Nets v Minnesota Timberwolves.
8.00 A replay of Oklahoma City Thunder v Los Angeles Lakers.
10.30 **NFL Bitesize Highlights** Action from New England Patriots v Pittsburgh Steelers.
10.45 Highlights of San Francisco 49ers v Seattle Seahawks.
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **Women's Super League**
1.30 **World Club Challenge**
1.45 **Super League Highlights**
2.00 **Super League** Castleford Tigers v Hull FC from 2025.
4.45 **Super League Highlights**
5.00 **Women's Super League**
5.15 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
8.00 **Super League** Another chance to see St Helens v Warrington held at The BrewDog Stadium.
10.45 **EFL Greatest Games** Bradford City v Millwall in the 2016/17 League One play-off final.
11.00 **World Cup Matchday** A look ahead to upcoming matches, featuring expert opinion, live discussion and analysis of the biggest World Cup stories.
7.00 PM **World Cup Report** Daily guide to the tournament in Mexico, Canada and the USA, with updates on the latest last-32 match from Dallas, Texas.
12.00 M'T **EFL Greatest Games** Middlesbrough v Wolverhampton Wanderers from 2017/18.
12.15 AM Highlights of Cardiff City v Wolverhampton Wanderers from the 2017/18 season.
12.30 Highlights of Derby County v Cardiff City from 2017/18.
12.45 Derby County v Leeds United from the 2018/19 season.
1.00 **Formula 1** The Austrian Grand Prix at Red Bull Ring in Spielberg.
2.00 **to 6.00** AM **ATP Tennis**

Sky Sports Mix

416 412 511 429 449

6.00 AM **Test Cricket** Highlights.
7.00 **PGA Tour Golf**
8.00 **Women's PGA Championship**
9.00 **Formula 1** Austrian Grand Prix.
10.00 **Premier League Darts**
1.45 PM **State of Origin Rugby League Highlights**
2.00 **LIVE Women's T20 Cricket World Cup** Coverage of the opening semi-final staged at the Kia Oval in London. Australia's reign as champions came to an end at this stage when the tournament was last staged two years ago in the United Arab Emirates. They fell to an eight-wicket defeat at the hands of South Africa, with Anneke Bosch scoring 74 off 48 balls.
6.00 **Formula 1** Austrian Grand Prix.
7.00 **PGA Tour Golf** The fourth day of the Travelers Championship.
8.00 **Women's T20 World Cup**
9.00 **WTA & ATP Tennis**
11.00 **Women's PGA Championship**
12.00 M'T **Premier League Darts**
3.45 AM **EFL Greatest Games**
4.00 **PL Greatest Games**
5.00 **to 6.00** AM **WTA Tennis**

TNT Sports 3

413 415 523 410 432

6.00 AM **Cycling National Road Championship** Highlights.
12.00 NOON **BMX Racing** Action from the UEC BMX Racing European Championships in Sarrians, France.
1.00 PM **AFL** Another chance to see Brisbane Lions v Sydney Swans.
2.30 Another chance to see Hawthorn Hawks v GWS Giants.
4.00 A chance to see Carlton Blues v West Coast Eagles.
5.30 **AFL** A replay of Collingwood Magpies v Richmond Tigers.
7.00 A chance to see Port Adelaide Power v Adelaide Crows.
8.30 North Melbourne Kangaroos v Essendon Bombers.
10.00 A chance to see Fremantle Dockers v Gold Coast Suns.
11.30 **WRC Review** Rally Greece.
12.30 AM **UFC** Another chance to see Rafael Fiziev v Manuel Torres.
3.30 **UFC: The Ultimate Fighter**
4.30 **Premier League Stories**
5.00 **to 6.00** AM **Cycling**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Football Archives: UEFA Champions League**
4.00 PM **The Football Archives: UEFA Champions League** A look at the 2013/14 season.
4.30 A look back at the 2014/15 season, won by Barcelona.
5.00 The 2015/16 campaign.
5.30 A look back at the 2016/17 season, won by Real Madrid.
6.00 The 2017/18 campaign.
6.30 A look back at the 2018/19 season, won by Liverpool.
7.00 **UEFA Champions League Road to Glory** A look back at Chelsea's 2011/12 success.
8.00 Liverpool's 2005 season.
9.00 Liverpool's 2019 success.
10.00 **UEFA Champions League Magazine** News and action.
10.30 **The Muddy Roots of Football**
2.00 AM **Test Cricket Highlights**
3.00 **WRC Review** Rally Greece.
4.00 **to 6.00** AM **Supercars Championship Highlights**

Premier Sports 1

419 APP 528

6.00 AM **World Surf League**
7.00 **Swedish Speedway** A chance to see Lejonen v Smederna.
9.00 **NASCAR Highlights**
10.00 **Challenge Cup** A replay of Montpellier v Ulster in the final.
12.00 NOON **Sporting Countdowns**
12.30 PM **United Rugby Championship** Stormers v Cardiff in a quarter-final.
2.30 Another chance to see Leinster v Lions in a quarter-final.
4.30 **Sporting Countdowns**
5.00 **NASCAR Highlights**
5.55 **LIVE Swedish Speedway Piraterna v Indianerna.**
8.00 **Motorsport** Valentino Rossi.
8.30 **Champions Cup Show**
9.00 **NASCAR Highlights**
10.00 **FIM Sidecarcross Championship** GP of Estonia.
11.00 **Sporting Greats**
12.00 M'T **United Rugby Championship**
4.00 AM **Sporting Greats**
5.00 **to 6.00** AM **World Surf League**

Premier Sports 2

420 APP 529

6.00 AM **NASCAR O'Reilly Series** Action from Sonoma Raceway.
9.00 **Bike World** Magazine.
9.30 **Motorsport** Valentino Rossi.
10.00 **Coppa Italia** A chance to see Lazio v Inter Milan in the final.
12.00 NOON **Scottish Cup Football** A replay of Celtic v St Mirren.
2.30 PM **Scottish Cup Football** Aberdeen v Celtic in the final.
5.15 **Scottish Cup Football** Celtic v Dunfermline Athletic in the final.
7.15 **LaLiga Match Highlights** Action from Barcelona v Real Madrid.
7.30 **NASCAR O'Reilly Series** Highlights from Sonoma Raceway.
10.30 **Bike World** Magazine.
11.00 **MotorSport** A look back at the career of Valentino Rossi.
11.30 **Temples of Sport** Iconic sporting venues from around the globe.
12.00 M'T **to 6.00** AM **Test Cricket** Another chance to see the first day of the first Test between Bangladesh and Pakistan.

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Highlights.
10.00 **The F1 Show** Race preview.
11.00 **Formula 1** Austrian Grand Prix.
1.00 PM **Golf with Sergio Perez**
1.15 **Formula 1** Action from Austria.
5.45 **Naomi Hot Laps**
6.00 **British Kart Championships**
7.00 **GT World Challenge Europe**
9.00 **Formula 1** The Austrian Grand Prix at Red Bull Ring in Spielberg.
11.15 **McLaren Show Run in Miami**
11.25 **Lewis Hamilton IV**
11.30 **Formula 1** Highlights.
1.00 **to 6.00** AM **The Best of F1**

Wednesday

1 July

Planner

Fire Country

DRAMA Sky Witness, 9pm

As the drama returns for a fourth season, Bode (Max Thieriot) and the crew struggle to move past the catastrophic Zabel Ridge fire. A complex rescue operation forces the team to put personal friction aside to protect the future of the station.

Elle

COMEDY Prime Video

This spin-off prequel series sees emerging actor Lexi Minetree take on the role of Elle Woods made famous by Reese Witherspoon in the *Legally Blonde* films. Set in 1995, the comedy drama sees Elle struggling to fit in at high school when her family relocates from Bel Air to Seattle.

England v India: 1st T20

CRICKET Sky Sports Main Event & Sky Sports Cricket, play starts at 5.30pm

England host reigning the T20 World Cup champions at the Riverside Ground in Chester-le-Street for the first of a five-match series, which promises plenty of big-hitting action.

Enola Holmes 3

COMEDY DRAMA Netflix

Enola (Millie Bobby Brown) is getting ready to walk down the aisle with Lord Tewkesbury (Louis Partridge) when she learns her brother Sherlock has been kidnapped, and so she embarks on a rescue mission that takes her all the way to Malta.

Wednesday

SKY EVENING TIME		7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Wimbledon – Live: The concluding coverage of day three						10.00 News; Local News	
	102 BBC2	7.00 Villages by the...	7.30 EastEnders	8.00 Celebrity Antiques Road Trip		9.00 Saving Lives at Sea		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.45 News; Weather	7.45 Emmerdale	8.15 Coronation Street	8.45 Who Wants to Be a Millionaire?		9.45 Bradley &...	10.15 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Location, Location, Location		9.00 The Light in the Hall: Still Waters		10.00 Night Coppers	
	105 5	7.00 GPs: Behind Closed Doors		8.00 Ambulance: Code Red		9.00 Riptide		10.00 Aces of Tennis: The ATP No 1 Club	
	106 SKY ONE	7.00 The Simpsons		8.00 Film: The First Wives Club				10.00 Katherine Ryan: First Born Daughter	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60	7.30 EastEnders	8.00 Top Gear		9.00 Film: A Cock and Bull Story			10.35 Funboys
	116 BBC4	7.00 University...	7.30 Only Connect	8.00 Universe		9.00 The Nazis: A Warning from...	9.50 One...	10.10 Our Friends in the North	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island			10.20 Love Island: The...
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 PopMaster TV		9.00 24 Hours in A&E			
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 Below Deck: Mediterranean		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Rookie		9.00 Fire Country		10.00 Doc	
	108 SKY ATLANTIC	‹ 6.30 Dune: Prophecy				9.00 House of the Dragon			10.15 In Our Blood
	110 U&GOLD	‹ 6.50 Red Dwarf		8.00 Keeping Up...	8.40 Dad's Army		9.20 Not Going Out	10.00 Red Dwarf	
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Law & Order: UK	
	120 ITV4	7.00 American Pickers		8.00 The Grand Fishing Adventure		9.00 Beat the Chasers – Celebrity Special		10.00 Bullseye	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 8 Out of 10 Cats Uncut	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Small Town, Big Story		10.00 Grimm	
	143 U&DRAMA	‹ 6.40 Last of the Summer Wine		8.00 Sister Boniface Mysteries		9.00 The Chelsea Detective		10.00 New Tricks	
	109 U&ALIBI	7.00 Unforgettable		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Battle of the Bagpipes		9.00 Bill Bailey's Master Crafters		10.00 The Eighties	
	132 U&W	7.00 DIY SOS: Celebrating 20 Years		8.00 Pete Wicks: For Dogs' Sake		9.00 Shades of Blue			
DOCUMENTARY	125 DISCOVERY	7.00 Truck Dynasty				9.00 Wheeler Dealers		10.00 Mighty Truckers	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dog Detectives		9.00 Alaska: The Last Frontier		10.00 Mountain Monsters	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Ancient Structures: Secrets Revealed		9.00 Lost Tomb of Genghis Khan		10.00 Pirates: Behind the Legends	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Storage Wars		9.00 History's Greatest Warriors		10.00 Mysteries Unearthed with Danny Trejo	
	155 U&YESTERDAY	7.00 Dom Chinea's Cornish Workshop		8.00 Train Truckers		9.00 Tropic of Cancer with Simon Reeve		10.00 Bangers & Cash	
	114 SKY DOCS	7.00 The Alien Autopsy Scandal		8.00 The Mortician					

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Fraud Squad** (S)(R)
11.15 LIVE **Wimbledon** Coverage of the opening play on day three from the All England Club. (S)
1.00 PM **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 LIVE **Wimbledon** Further coverage of the third day's play from the All England Club, featuring men's and ladies' second-round singles matches. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the schedule will be: **4.00pm** LIVE **Football: World Cup** Group L winner v Group E/H/I/J/K third-placed team: The round-of-32 match. Kick-off is at 5.00. (S) **8.00 BBC News** (S) **8.30** LIVE **Football: World Cup** Group G winner v Group A/E/H/I/J third-placed team: The round-of-32 match. Kick-off is at 9.00. (S) **11.30 Weather for the Week Ahead** (S) **11.35 BBC News** (S) **12.50am** LIVE **Football: World Cup** Group D winner v Group B/E/F/I/J third-placed team: The round-of-32 match. Kick-off is at 1.00. (S) **3.30-6.00am BBC News** (S)

7 PM

7.00 LIVE **Wimbledon**
The concluding coverage of day three from the All England Club, featuring second-round matches in the men's and ladies' singles competitions. Great Britain's Emma Raducanu was last on Centre Court on the third day last year and she was in good form, prevailing 6-3, 6-3 against 2023 champion Markéta Vondroušová. Over on No.1 Court, fifth seed Taylor Fritz came through a five-setter against Gabriel Diallo. (S)
■ *Today at Wimbledon* is on BBC2 at 11.00pm

8 PM

9 PM

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM **Me Before You**
Romantic drama based on Jojo Moyes' novel, starring Emilia Clarke and Sam Claflin. A young woman is hired as a carer for an embittered man who has been paralysed for the past two years. With Charles Dance and Janet McTeer. (S) (2016, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.25 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.30 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.00 AM **Bargain Hunt** (S)(R)(AD)
6.45 **The Travelling Auctioneers** (S)(R)
7.30 **Sign Zone: Great Japanese Railway Journeys** (S)(R)(AD)
8.00 **Sign Zone: Great Central Asian Railway Journeys** (S)(R)(AD)
8.30 **Sign Zone: See Hear – Cafe Conversations** New edition (S)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM LIVE **Wimbledon** Coverage of day three from the All England Club, where second-round matches are scheduled to take place in the men's and ladies' singles competitions. (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the BBC2 schedule will be: **7.00-10.00pm** LIVE **Wimbledon** The concluding coverage of day three at the All England Club. (S)

8.30 See Hear – Cafe Conversations

7.00 **Villages by the Sea**
A visit to Staithes on the North Yorkshire coastline. (S)(R)
7.30 **EastEnders**
Max is rattled by Priya, and Bea's influence intensifies. (S)(AD)
■ This week's episodes will be subject to change
8.00 **Celebrity Antiques Road Trip**
Travelling through Liverpool, local actors Tricia Penrose and Dean Sullivan compete to find the best bargain on antiques, with the help of experts Ishy Khan and Roo Irvine. (S)(R)
9.00 **Saving Lives at Sea**
The Dover crew respond to a mayday for a small boat crossing as a vessel has capsized in the English Channel, leaving more than 20 people fighting for their lives. (S)(R)(AD)
10.00 **Mortimer & Whitehouse: Gone Fishing**
Bob and Paul head to the Norfolk Broads. (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Today at Wimbledon** Highlights of the third day's play. (S)
12.05 AM **Cricket: Today at the Test** Action from England v India. (S)
12.35 FILM **Past Lives** Romantic drama starring Teo Yoo. Partly subtitled. (2023, 12, 100min) ★★★★★
2.15 **Sign Zone: See Hear – Cafe Conversations** (S)(R)
2.45 **Sign Zone: Do You Know Your Place?** From Somerset. (S)(R)
3.15 **Sign Zone: Peelers: The PSNI for Real** 6/6. Documentary. (S)(R)
3.45 **Sign Zone: Two Weeks in August**
4.30 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.45 **ITV News** (S)
2.15 **Dickinson's Real Deal** A Rolex watch gets the dealers buzzing in Newcastle. (S)(R)(AD)
3.15 **Deal or No Deal** (S)(R)(AD)
4.15 **Tipping Point** Game show. (S)(R)
5.15 **The Chase** Quiz show. (S)(R)
6.15 **ITV News** (S)

• *Alternative schedule* If ITV1 show today's World Cup matches, the schedule will be: **3.10pm Deal or No Deal** (S)(R)(AD) **4.15** LIVE **Football: World Cup** Group L winner v Group E/H/I/J/K third-placed team: The round-of-32 match. Kick-off is at 5.00. (S) **7.35 ITV News** (S) **8.05 Local News** (S) **8.15** LIVE **Football: World Cup** Group G winner v Group A/E/H/I/J third-placed team: The round-of-32 match. Kick-off is at 9.00. (S) **11.35 Password** (S)(R) **12.15am** LIVE **Football: World Cup** Group D winner v Group B/E/F/I/J third-placed team: Coverage of the round-of-32 match. Kick-off is at 1.00. (S) **3.35 The Chase** (S)(R) **4.25 Unwind with ITV** (S) **5.30-6.00am Deal or No Deal: Banker's Best Battles** (S)(SL)(R)

7.45 **Emmerdale**
Cain is shocked, while the police arrive and Nicola is in a determined mood. (S)(AD)
■ This week's episodes will be subject to change
8.15 **Coronation Street**
Will steels himself to enter the witness box again. (S)(AD)
■ This week's episodes will be subject to change
8.45 **Who Wants to Be a Millionaire? Celebrity Special**
Big-prize quiz in which stars answer questions to win cash for their chosen charities. (S)(R)
9.45 **Bradley & Barney Walsh: Breaking Dad**
The actor and his son hit the road together on a series of adventures. (S)(R)
10.15 **ITV News** (S)
10.45 **Local News** (S)
10.55 **TikTok: Murder Gone Viral**
Documentary exploring true-crime cases linked to the social-media platform. (S)(R)
11.50 **Password** Stephen Mangan hosts the game show, with contestants Sanjay and Diana joining captains Daisy May Cooper and Alan Carr to try to guess mystery passwords across multiple rounds. (S)(R)
12.25 AM **Teleshopping** (S)
3.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Deal or No Deal: Banker's Best Battles** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 16-18/27. (S9) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 9-12/24. (S10) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** Debs and Mick hit a dead end on the Montgomery Canal. (S)(R)(AD)
5.00 **Chateau DIY** The wedding season is upon Belinda and Lee at Château Mareuil. (S)(R)(AD)
6.00 **Four in a Bed** The rivals head to Silver Fern Glamping in Aberystwyth, Ceredigion. (S)(R)
6.30 **Come Dine with Me** Marketing graduate Reni hosts the third dinner party from Bristol. (S)(R)

8.00 Location, Location, Location

7.00 **News** (S)
8.00 **Location, Location, Location**
New edition A catch-up with Max, who moved to Leeds from Birmingham for love, and Cat and Ed, a couple who 15 years ago wanted to secure a two-bedroom west London home for less than £300,000. (S)
9.00 **The Light in the Hall: Still Waters**
Series finale 6/6. As Caryl pieces together the events of Llyr's demise, Rhys confronts his father about his connection to the bombing. (S2) (S)(AD)
■ Entire series on C4 streaming
10.00 **Night Coppers**
Afghanistan veteran PC Theo takes charge of a baby after its mother is arrested for being drunk, newbie officer Amy helps a vulnerable member of the public, and ex-doorman PC Jack gets in a scuffle. (S)(R)(AD)
11.05 **Celebrity Gogglebox** (S)(R)(AD)
12.05 AM **Gogglebox** (S)(SL)(R)(AD)
1.05 **The Accused: Beyond Reasonable Doubt?** (S)(R)(AD)
2.00 **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
2.50 **Dover 24/7: Britain's Busiest Port** Documentary. (S)(SL)(R)(AD)
3.45 **Couples Come Dine with Me** (R)
4.40 **Jamie's One-Pan Wonders** (S)(R)
5.35 **Sunday Brunch** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *The Squab and the Quail:* 21/24, Beckett is assigned to protect a charming billionaire entrepreneur. (S)(R)
3.55 **Castle** *Still:* 22/24. Beckett's life is threatened when she steps on a landmine. (S5) (S)(R)
4.50 **Love Nature** A look at Rewilding Coombeshead in Devon. (S)(R)
5.00 **News** (S)
6.00 **Kent: The Garden of England** Cameras follow Rob, who is preparing to swim the Channel within the next week. (S)(R)
6.55 **News** (S)

10.00 Aces of Tennis

7.00 **GPs: Behind Closed Doors** Doctors meet a patient with a persistently sore throat and a blistering rash, as well as a worried mother with concerns about her baby's eyes. (S)(R)
7.55 **News** (S)

8.00 **Ambulance: Code Red** Reports of a car hitting pedestrians has paramedics rushing to the scene, and a 75-year-woman suffers a cardiac arrest. (S)(R)(AD)

9.00 **Riptide** 3/4. Realising that Alison is determined to investigate Sean's disappearance, Dan decides to take action. Later, Alison discovers that Michael is in possession of Sean's watch. (S)(R)

10.00 **Aces of Tennis: The ATP No 1 Club** New edition 3/4. As tennis entered a new era, global stars emerged and intense rivalries began. Amid those ferocious battles, a young Roger Federer heralded a new age in the sport. (S)
■ Concludes tomorrow
11.05 **A&E After Dark** (S)(R)
12.05 AM **Skin A&E** (S)(R)(AD)
1.00 **Teleshopping**
2.00 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)(AD)
2.50 **Summer in the Scilly Isles** (R)
3.40 **Friends** (S1) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S4) (S)(R)
9.00 **The Flash** 7/13. (S9) (S)(R)
10.00 **Will & Grace** (S8) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Wildlife ER** (S)(R)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
3.00 **S.W.A.T.** (S6) (S)(R)(AD)
5.00 **The Simpsons** *Colonel Homer:* Homer becomes a country singer's manager. (S)(R)
5.30 *Homer Alone:* Marge has a nervous breakdown and is packed off on holiday. (S)(R)
6.00 **The Office (US)** 13/22. Jim regrets telling Michael about his feelings for Pam. (S)(R)
6.30 14/22. Michael reminisces about his pre-management days as a prankster. (S2) (S)(R)

10.00 First Born Daughter

7.00 **The Simpsons** *Black Widower:* Selma tells the family she is getting engaged to her prison pen-pal – Sideshow Bob. (S)(R)
7.30 *The Otto Show:* Marge and Homer buy Bart a guitar. With Spinal Tap. (S)(R)

8.00 **FILM The First Wives Club** Comedy starring Goldie Hawn, Bette Midler and Diane Keaton. Reunited in middle age after a friend's suicide, three former college friends discover that they have each been dumped by their successful husbands in favour of a younger trophy wife. Joining forces, the trio begin plotting their revenge. (1996, PG, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

10.00 **Katherine Ryan: First Born Daughter** A stand-up special in which the comedian tackles marital dynamics, motherhood and media scandals, and answers audience dilemmas with no-holds-barred advice. (S)(R)

11.25 **FILM Last Seen Alive** Thriller starring Gerard Butler. A man is driving his soon-to-be ex-wife to her parents' home when she mysteriously disappears. (S) (2022, 15, 105min) ★★★
1.10 AM **Grimm** 3/22. (S5) (S)(R)
2.00 **From** Series finale 10/10. Boyd's quest to lead the residents home reaches a terrifying crossroads. (S4) (S)
3.00 **Hawaii Five-0** 17/22. (S4) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Saving Lives in Cardiff (S)(R) **11.40** FILM Me Before You (S) (2016, 12, 105min) ★★★ **1.25-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Camau Bach **12.00noon** Newyddion a'r Tywydd **12.05pm** Colleen Ramsey: Bywyd a Bwyd **12.30** Heno **1.00** Ralio+ **1.30** Garddio a Mwy **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Am Dro! **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dan Do **6.30** Rownd a Rownd (AD) **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm (AD) **8.25** Taclo'r Ty New edition (AD) **8.55** Newyddion a'r Tywydd **9.00** Pwy Laddodd Hilda Murrell **10.00** Y Byd ar Bedwar **10.30** Codi Hwyl (AD) **11.00pm-12.05am** Noson Lawen

TV&Streaming week
More channels than any other TV magazine

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** A look at the paralysis tick, lace monitor lizard and redback spider.
7.30 **EastEnders** Max is left rattled by Priya's behaviour, while Cindy and Max toast their engagement in the Vic.
8.00 **Top Gear** Three luxurious vehicles are tested in Albania – the Rolls-Royce Ghost, Bentley Mulsanne and the Mercedes-Benz S65 AMG.
9.00 FILM **A Cock and Bull Story** Offbeat comedy starring Steve Coogan and Rob Brydon. (2005, 15, 94min) ★★★★
10.35 **Funboys** 1/2. The gang learn about the Great Famine. (S2)
11.00 **Funboys** 2-4/4. (S2)
12.15 AM **World Cup 1998**
12.25 **Top Gear**
1.25 **World Cup 2014**
1.40 **Andrew Tate: The Man Who Groomed the World?**
2.45 **World Cup 2022**
2.55 **World Cup 2018**
3.10 **to 4.00** AM **The TikTok Effect**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **University Challenge** The opening semi-final.
7.30 **Only Connect** Three gamblers compete against a team of ten-pin bowlers.
8.00 **Universe** Professor Brian Cox explores a supermassive black hole named Sagittarius A.
9.00 **The Nazis: A Warning from History** *The Wild East:* The story of Germany's occupation of Poland.
9.50 **One Foot in Larchill** A visit to Europe's last ornamental farm.
10.00 **Christopher Eccleston Remembers... Our Friends in the North**
10.10 **Our Friends in the North** *1970:* 4/9. Nicky and Geordie meet for the first time in years in London.
11.30 *1974:* 5/9. Eddie sweeps to election victory thanks to the efforts of Mary and Nicky. (S1)
12.40 AM **Only Connect**
1.10 **The Nazis: A Warning from History**
2.00 **to 3.00** AM **Universe**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the conest from the West Midlands.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Ugly House to Lovely House with George Clarke** In Bournemouth, George challenges architect Greg Blee with transforming a upside-down house with a mishmash of living spaces for Martijn and Sally.
6.55 **Location, Location, Location** A catch-up with two couples who were having trouble choosing between character and property size.
7.55 **PopMaster TV** Ken Bruce presents the last heat before the Grand Final.
9.00 **24 Hours in A&E** A 79-year-old is rushed in after collapsing in his garage and doctors are concerned he has suffered a stroke.
10.00 **24 Hours in A&E** An 18-year-old is rushed in after coming off his motor scooter on his 18th birthday, and doctors are concerned that he has internal bleeding.
11.05 **999: On the Front Line** A man suffers an epileptic seizure in a supermarket.
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **The Perfect Pitch**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Cornwall.
8.00 **Ramsay's 24 Hours to Hell and Back** Double bill.
10.00 **Below Deck: Mediterranean**
11.00 **Modern Family** (S10)
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family** (S11)
5.00 **The Simpsons** Triple bill of the animated series.
6.30 **Hollyoaks** Frankie and Caleb host a barbecue.
7.30 **The Simpsons** *The Saga of Carl:* Friendships are tested when Carl skips town with lottery winnings.
8.00 **Below Deck: Mediterranean** Series finale The charter season draws to a close and an old face makes a return.
9.00 **Gogglebox** Views on *Your Honor* and *Pooch Perfect*. **10.00** Opinions on *Oprah with Meghan and Harry*.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Naked Attraction**
1.10 **Gogglebox**
2.15 **Below Deck: Mediterranean**
3.05 **Abbott Elementary**
3.30 **The Simpsons**
3.55 **Brooklyn Nine-Nine**
4.45 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 306 30 123 256

Wednesday primetime

Wednesday primetime

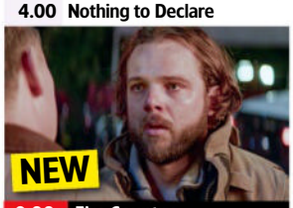
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Brit Cops: Law & Disorder**
11.00 **Chicago Fire** 19/22. (S13)
12.00 NOON **FBI** 16&17/22. (S7)
2.00 PM **The Rookie** 2/22. Nolan and Chen's run-in with a thief tips them off to a heist. (S4)
3.00 **Law & Order: Criminal Intent** 10/22. Logan investigates an apparently motiveless triple murder. (S7)
4.00 **Nothing to Declare**



9.00 Fire Country

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **The Rookie** *Time of Death:* 8/20. Officers Nolan and Bishop respond to a robbery at a convenience store. (S1)

9 PM
9.00 NEW SERIES **Fire Country** *Goodbye for Now:* 1/20. The members of Station 42 rally for a high-stakes rescue. (S4)

10 PM
10.00 **Doc** Series finale *Happy Birthday:* 22/22. Amy infects herself with a deadly virus in an effort to save Richard. (S2)
11.00 **The Rookie** 12/14. (S3)
12.00 M'T **FBI** 12/22. (S7)
1.00 AM **Law & Order: Special Victims Unit** 15/22. (S26)
2.00 **FBI** Series finale 22/22. (S8)
3.00 **Road Wars**
4.00 **UK Border Force**
5.00 to 6.00 AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Homicide: Life on the Street**
10.00 **Hacks** 8&9/10. (S5)
11.20 **House of the Dragon** (S2)
12.30 PM **Deadwood** 11&12/12. (S3)
2.30 **Django** 5/10. (S1)
3.30 **House of the Dragon** (S2)
4.30 **Gomorrah** 11/12. Ciro decides to go into hiding. **5.30** 12/12. Pietro finds a way to deal his enemy a devastating blow. Subtitled. In Italian. (S2)
6.30 **Dune: Prophecy** 3/6. Valya struggles with the decision to take the Sisterhood vow. (S1)

10.15 In Our Blood

7.45 **Dune: Prophecy** *Twice Born:* 4/6. Tula attempts to understand the origins of the acolytes' dreams, while Valya sets her plan in motion to redeem House Harkonnen. (S1)

9.00 **House of the Dragon** 2/8. *Game of Thrones* prequel with Matt Smith and Emma D'Arcy. (S3)

10.15 **In Our Blood** New episode *Intriguing Habits:* 3/4. The media fuels hatred against the gay community. (S1)
11.15 **In Our Blood** Series finale 4/4. With infections rising rapidly, David and Jeremy adopt a new approach. (S1)
12.15 AM **Hacks** 8&9/10. (S5)
1.35 **Dune: Prophecy** (S1)
4.05 **Homicide: Life on the Street**
5.05 to 6.00 AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.15 **Dress to Impress**
8.10 **Celebrity Homes**
9.10 **The Only Way Is Essex**
10.15 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.15 PM **Dinner Date**
1.15 **Celebrity Catchphrase**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** Reality series.
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

10.20 Love Island: The Debrief

7.00 **The Floor USA** New edition Contestants test their knowledge of puppies, New York, world history and DIY.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 **Love Island** New edition Relationship-based reality show in which singletons seeking a romance compete to find love.

10.20 **Love Island: The Debrief** New edition Daily *Love Island* reactions.
10.50 **Family Guy** 22/22. Peter tries to convert Chris to Judaism. (S3)
11.20 **Family Guy** 17/22. (S3)
11.50 **American Dad!** (S3)
12.50 AM **Bob's Burgers** (S13)
1.45 **Transaction** 4/6.
2.10 **Piglets** 5/6. (S1)
2.40 to 3.00 AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *Breaking the Chain:* The race leader of an international cycling competition is killed.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *For Art's Sake:* A fire at the home of a talented artist leads to suspicions of an arson attack.

6.55 Heartbeat

6.55 **Heartbeat** *A Shot in the Dark:* Jackie fights for justice on behalf of a trespasser shot on Lord Ashfordly's land.

8.00 **Midsomer Murders** *The Debt of Lies:* The newest resident of a police retirement community is found dead and Barnaby's investigation leads him to suspect the killer is likely to be an ex-officer.

10.00 **Law & Order: UK** *Haunted:* 3/7. Brooks reopens a 14-year-old case when a dying crack addict confesses to the murder of a teenager. (S6)
11.00 **Law & Order: UK** 4/7. The detectives try to bring a criminal mastermind to justice. (S6)
11.50 **A Touch of Frost**
1.55 AM **George and Mildred**
2.20 to 2.30 AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.00 **BattleBots**
9.05 **Boon**
10.10 **The Champions**
11.20 **Magnum, PI**
1.30 PM **Dempsey and Makepeace**
3.35 **Boon**
4.45 **The Champions** *The Ghost Plane:* The team track down a mystery plane responsible for destroying an American aircraft.
5.50 **Minder** *On the Autofront:* A rival dealer schemes to put Arthur out of business, forcing him to advertise on pirate radio.

9.00 Beat the Chasers

7.00 **American Pickers** Danielle accompanies Mike on a pick while Frank looks after the shop.

8.00 **The Grand Fishing Adventure** Ali Hamidi and Bobby Zamora's bucket list fishing tour of Britain begins in Shropshire.

9.00 **Beat the Chasers: Celebrity Special** Bradley Walsh welcomes four more famous faces who play for charity.

10.00 **Bullseye** Freddie Flintoff hosts the darts-based quiz as three pairs compete against one another. With guest Fallon Sherrock.
11.00 **Wrestling: AEW Collision** Hard-hitting wrestling action from AEW's newest show.
1.00 AM **BattleBots**
2.00 **Minder** As 5.50pm.
2.50 **Unwind with ITV**
3.30 to 4.00 AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **My Kind of Town** Ian Hamilton finds out about Cumnock's green energy ambitions.
8.00 **Island Crossings** Ardrossan port staff deal with delays and queues due to an engine fault.
9.00 **Body on the Beach: What Happened to Annie?** 3/4. Hazel Martin considers the theory that Annie Börjesson took her own life. **9.30** 4/4. Hazel accesses a fresh source of information.
10.00 **River City** New episode A concerned Amber tries to support Alex.
10.30 PM to 12.00 M'T **Not Your Average Family** 1-3/3. Influencers Charlie Allan and Lauren Faulkner plan to start a family.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Breeders** 5&6/10. (S1)
10.00 **Upright** 5&6/8. (S2)
11.15 **Will & Grace** (S5)
12.15 PM **The Rehearsal** (S2)
2.05 **Upright** 5&6/8. (S2)
3.20 **Will & Grace** (S4)
4.20 **The Rehearsal** (S2)
5.00 **Community** (S4)
6.00 **Will & Grace** (S5)
7.00 **The Office (US)** (S2)
8.00 **Breeders** 5/10. Paul and Ally are thrilled when the gerbil finally dies. **8.30** 6/10. In the wake of Michael's death, the family stay with Darren at his country house. (S1)
9.00 **Last Week Tonight with John Oliver** Talk show.
9.45 **Nish Kumar: Your Power, Your Control** A stand-up performance by the comedian.
11.15 **I Love LA** 4&5/8. (S1)
12.25 AM **Breeders** (S1)
1.25 **Community** (S4)
2.25 **The Rehearsal** (S2)
4.05 to 5.00 AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **Matthew Bourne's Edward Scissorhands**
7.40 **Watercolour Challenge**
8.40 **Tales of the Unexpected**
9.50 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **From the Vaults**
4.00 **Discovering**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Battle of the Bagpipes**
9.00 **Master Crafters: The Next Generation**
10.00 **The Eighties**
11.00 **Classic Albums**
12.20 AM **Rik Mayall's Sketches: Rare and Unseen** Comical clips.
1.20 **National Theatre Live: Dr Strangelove**
3.15 **Garbo: Where Did You Go?** Documentary.
5.00 to 6.00 AM **Classic Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: America's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 26/26. (S4)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: The Next Generation** *Suddenly Human:* 4/26. Picard encounters a human child who has been adopted by aliens. (S4)
8.00 **Police 24/7**
9.00 **The Rookie** (S4)
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S4)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 to 6.00 AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** A team of family members take part in the quiz show.
3.00 **Beat the Chasers** Bradley Walsh hosts as more hopefuls take on all of the Chasers.
4.00 **Riddiculous** Quiz show hosted by Ranvir Singh.
5.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant tries to open the 22 red boxes in the right order.
6.00 **Lingo** Triple bill of the word-based quiz show hosted by Adil Ray.
9.00 **Beat the Chasers** Bradley Walsh hosts as more hopefuls take on all of the Chasers.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.40 to 3.00 AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill of editions.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **George Clarke's Beautiful Builds**
8.00 **Bake Off: The Professionals** The teams make mille-feuille and babka buns.
9.00 **Grand Designs** Following a couple building a home above a swamp near a West Sussex estuary.
10.00 **Poisoned: Killer in the Post** Double bill.
12.05 AM **24 Hours in Police Custody – Sudden Death: Think Murder**
1.10 FILM **Crush** Romantic comedy starring Rowan Blanchard. (2022, 15, 92min) ★★★★
3.00 **Gogglebox**
4.00 to 5.00 AM **Celebrity Gogglebox**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **Primeval** 5&6/6. (S5)
4.00 **Stargate SG-1** As 8.00pm.
5.00 **Star Trek: Voyager** 18/26. Paris and Torres get married and prepare for a honeymoon on the holodeck. (S5)
6.00 **Star Trek: Enterprise** 15/26. Captain Archer negotiates a ceasefire between the Vulcans and the Andorians. (S2)

10.00 Grimm

7.00 **Stargate Atlantis** *No Man's Land:* 1/20. Part two of two. Dr McKay and Ronon are captured by Wraith hive ships. (S3)

8.00 **Stargate SG-1** *Memento:* 20/22. The team search for a Stargate to get back home after becoming stranded in space. (S6)

9.00 **Small Town, Big Story** *An Dobhar Who?* 4/6. Séamus is forced to deal with the fallout from his confession. (S1)

10.00 **Grimm** *Mishipeshu:* 18/22. The spirit of a Native American inhabits the body of a troubled teenager (S4)
11.00 **The Walking Dead** 2/16. Carol and Morgan lead a line of defence against the Wolves when Alexandria comes under attack, while Enid's past comes to light. (S6)
12.00 M'T **Primeval** 3/6. (S5)
2.00 AM **The Walking Dead** (S6)
3.00 **Small Town, Big Story** (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S3)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 13/24. (S4)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Unforgettable** (S3)
1.00 PM **Death in Paradise** (S9)
2.00 **Murdoch Mysteries** (S3&4)
4.00 **The Mentalist** 13/24. (S4)
5.00 **Hudson & Rex** 6/20. The co-owner of a successful board game company is found dead from a snake bite. (S5)
6.00 **Father Brown** *The Curse of Amenhotep:* The new wife of Sir Raleigh is found dead.

10.00 Father Brown

7.00 **Unforgettable** *Stray Bullet:* 6/13. Al becomes the prime suspect in the murder of someone he helped put away. (S3)

8.00 **Death in Paradise** *A Murder in Portrait:* 2/8. An artist is found dead in suspicious circumstances. (S9)

9.00 **Death in Paradise** *Unlike Father, Unlike Son:* 8/8. A murder suspect is shot dead while in police custody. (S4)

10.00 **Father Brown** *The Celestial Choir:* A saboteur tries to stop Kembleford winning the Three Counties choir contest.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Death in Paradise** (S9)
1.00 AM **Hudson & Rex** (S5)
2.00 **Murdoch Mysteries** 13/13. The detective investigates after a man is found burned to death in a locked room. (S3)
3.00 **to 4.00** AM **So Help Me Todd**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.00 AM **Highlights**
9.00 **The Green Green Grass**
9.40 **Are You Being Served?**
10.20 **Last of the Summer Wine**
11.40 **Red Dwarf**
12.55 PM **Keeping Up Appearances**
1.35 **Dad's Army**
2.15 **Open All Hours**
2.55 **The Green Green Grass**
3.30 **Are You Being Served?**
4.10 **Dad's Army**
4.50 **Keeping Up Appearances**
5.30 **Last of the Summer Wine**
6.50 **Red Dwarf**

7.25 Red Dwarf

7.25 **Red Dwarf** Part one of two. Rimmer and Lister are forced to play basketball with the guards.

8.00 **Keeping Up Appearances** Hyacinth spots a strange man in Elizabeth's house.
8.40 **Dad's Army** Mainwaring's bumbling platoon have a bash at Morris dancing.
9.20 **Not Going Out** Lee prepares for a 10km fun-run to impress Lucy.

10.00 **Red Dwarf** Part two of two. Pete the Sparrow becomes a dinosaur. **10.35** Kryten takes revenge on Lister's dodgy advice on female biology.
11.10 **Bottom** The carnival arrives.
11.50 **Not Going Out** As 9.20pm.
12.25 AM **Bottom Live: Weapons Grade Y-Fronts Tour**
2.25 **Bottom**
3.10 **to 4.00** AM **Don't Wait Up**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Gadget Man**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's India** Double bill.
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **The Americas with Simon Reeve** Simon heads to Alaska.
4.00 **Hairy Bikers Everyday Gourmets** Luxury lunches.
5.00 **Rick Stein's India** The chef learns about temple cooking. **6.00** The chef goes in search of the perfect chicken korma.

10.00 Have I Got a Bit More...

7.00 **Mortimer & Whitehouse: Gone Fishing** The duo visit the Norfolk Broads.
7.40 **Would I Lie to You?** Lucy Beaumont, Anton Du Beke, Desiree Burch and Ralf Little take part. **8.20** With Stephen Bailey, Asim Chaudhry, Gemma Collins and Sally Lindsay.

9.00 **QI XL** Sandi Toksvig hosts the quiz, with guests Jo Brand, Eshaan Akbar and Jimmy Carr joining regular panellist Alan Davies.

10.00 **Have I Got a Bit More News for You** Harry Hill hosts the current affairs quiz, with guests Jack Dee and Zing Tsjeng.
11.00 **8 Out of 10 Cats** With Tom Allen, Richard Osman, Sophie Hermann and Sophie Duker.
12.00 M'T **Mock the Week Christmas Special**
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Aisling Bea.
3.00 **to 4.00** AM **8 Out of 10 Cats**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.15 **Doctors**
9.25 **Holby City**
10.45 **Casualty**
11.45 **The Bill**
12.50 PM **Classic EastEnders**
2.00 **Tenko**
3.05 **Pie in the Sky**
4.05 **Lovejoy**
5.25 **Waiting for God**
6.00 **Last of the Summer Wine** Tom and Smiler arrange an interesting blind date. **6.40** A woman from Truly's past makes a return.

8.00 Sister Boniface Mysteries

7.20 **Last of the Summer Wine** Barry wins a competition – but the prize proves to be more trouble than it is worth.

8.00 **Sister Boniface Mysteries** *The It Girl:* 3/12. Sister Boniface investigates a locked room mystery. (S2)

9.00 **The Chelsea Detective** *The Blue Room – Part One:* 1/9. Art gallery manager Chris Milton-Elwes is found dead. (S2)

10.00 **New Tricks** *The English Defence:* A DNA sample from a rebellious teenager provides a link to a killer.
11.20 **Silent Witness** *True Love Waits:* Nikki struggles to prove a man is innocent of stabbing his wife to death. Guest stars Christine Bottomley.
1.40 AM **Lovejoy**
2.40 **Waiting for God**
3.10 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

Wednesday

7 PM

8 PM

9 PM

10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 4-6/16. (S18)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Road to Nowhere:* 3/21. Gibbs and Parker go on a road trip to find one of the serial killer's victims. **7.00** *Great Wide Open:* 4/21. The team work to uncover the serial killer conspiracy. **8.00** *Face the Strange:* 5/21. A corpse suddenly explodes before Jimmy gets the chance to examine it. (S19)
9.00 **Jesse Stone: Death in Paradise** Crime drama starring Tom Selleck. Small-town police chief Jesse Stone investigates the murder of a pregnant teenage girl.
10.50 **Law & Order: Special Victims Unit** (S12&11)
2.45 AM **Law & Order** (S24)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **Casualty 24/7: Every Second Counts** A new junior doctor treats a man with a suspected case of sepsis.
8.00 **GPs: Behind Closed Doors** Medical series.
9.00 **Ambulance: Code Red** Twenty-one-year-old Ryan loses his helmet and has serious injuries. **10.00** A 41-year-old involved in a car crash needs urgent care.
11.00 **Skin A&E**
12.00 M'T **Killer at the Crime Scene** Documentary.
1.00 AM **Police Interceptors**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue**
9.35 **Police Interceptors**
11.30 **FILM Little Big Man** Offbeat western. (1970, 15, 133min) ★★★★
2.10 PM **FILM Whispering Smith** Western drama starring Alan Ladd. (1948, PG, 88min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Damo and the firearms team tackle a supermarket gunman. **7.00** Ben Sutcliffe takes Rick Edwards through interceptor training.
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police: Night Shift 999**
11.00 **The X-Files** 10/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
11.00 **DIY SOS: Celebrating 20 Years** Documentary.
12.00 NOON **DIY SOS: The Big Build**
1.00 PM **Antiques Road Trip**
3.00 **Tipping Point**
4.00 **The Supervet**
6.00 **DIY SOS: The Big Build**
7.00 **DIY SOS: Celebrating 20 Years** Documentary.
8.00 **Pete Wicks: For Dogs' Sake** Documentary.
9.00 **Shades of Blue** 9/13. Wozniak takes Harlee on a pick-up. **10.00** 10/13. Harlee and Wozniak secure details on the big score. (S1)
■ Series 1-3 on U
11.00 **Antiques Road Trip**
1.00 AM **Ambulance Australia** Documentary.
2.00 **to 3.00** AM **Aaron Hernandez Uncovered**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Secrets of the Transport Museum**
7.10 **Abandoned Engineering**
8.00 **Bangers & Cash**
10.00 **The World at War**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **The World at War**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Dom Chinea's Cornish Workshop** Dom builds a drift car with engineer Sam Lovegrove.
8.00 **Train Truckers**
9.00 **Tropic of Cancer with Simon Reeve** Simon explores parts of India rarely visited by tourists.
10.00 **Bangers & Cash**
12.00 M'T **Classic Car Garage**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Majorca.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: What Happened Next**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** Angus finds a rare porcelain figure.
8.00 **Antiques Road Trip**
9.00 **Who Do You Think You Are?** With Lesley Sharp.
10.00 **Rich House, Poor House** A property developer swaps homes with a family living on £100 a week.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

WEDNESDAY Entertainment

Wednesday

Great! TV

157 167 170 34 32

8.00 AM **The Waltons** (S2)
9.00 **Highway to Heaven**
11.00 **Little House on the Prairie** 9&10/22. (S9)
1.00 PM **The Waltons** (S3)
4.00 **Little House on the Prairie** 11&12/22. (S9)
6.00 **Ballykissangel** (S5)
7.00 **M*A*S*H** 19/25. BJ offers Nurse Donovan a shoulder to cry on. **7.30** 20/25. Father Mulcahy falls victim to infectious hepatitis. **8.00** 21/25. Hawkeye is pursued by a general. **8.30** 22/25. Potter tries to boost morale with a film night. (S5)
9.00 FILM **Please Sir!** Comedy starring John Alderton and Deryck Guyler. (1971, PG, 97min) ★★★
11.10 **Robin's Nest** (S6)
12.10 AM **M*A*S*H** (S5)
2.10 **Air Rescue** Double bill.
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action

318 317 426 42 33

9.10 AM FILM **Lone Rider** Action Western. (2008, PG, 80min) ★★
11.00 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM FILM **The Train** Adventure. (1964, b/w, PG, 127min) ★★★★
5.00 FILM **Disaster Zone: Volcano in New York** Disaster movie. (2006, 12, 90min) ★★
7.00 FILM **Chinese Zodiac** Action adventure sequel. (2012, 12, 118min) ★★
9.20 FILM **The 13th Warrior** Action adventure. (1999, 15, 103min) ★★★
11.35 FILM **The Expatriate** Action thriller. (2012, 15, 100min) ★★
1.50 AM **Dragon Ball Super**
2.50 **Coast Guard Alaska**
3.40 FILM **Asteroid: Final Impact** Disaster thriller. (2015, PG, 86min) ★
5.15 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery

320 318 425 50 48

8.10 AM FILM **Garage Sale Mystery** Crime drama. (2013, PG, 90min) ★★
10.05 FILM **Nelly Knows: All Manner of Murder** Mystery starring Pascale Hutton and Kavan Smith. 2025, PG, 85min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S2)
2.00 **Castle** 15/24. (S3)
3.00 **Diagnosis Murder** (S3)
5.00 **Murder, She Wrote**
7.00 **Castle** 16/24. (S3)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** (S2)
10.00 **Hailey Dean Mysteries** Drama with Kellie Martin.
11.55 FILM **An Aurora Teagarden Mystery: A Bone to Pick** Drama. (2015, PG, 84min) ★★
1.50 AM FILM **Forgotten Abduction** Thriller. (2020, 95min) ★★
3.25 **to 5.00** AM FILM **Nanny's Killer Scandal** Thriller. (2018, 15) ★★

+1 hour 321

Great! Romance

322 319 424 52 47

8.10 AM FILM **A Christmas Tail** (2014, PG) ★★
10.05 FILM **Write Before Christmas** (2019) ★★
12.00 NOON FILM **Christmas Wedding Planner** Drama. (2017, PG) ★★
1.55 PM FILM **Merry Kiss Cam** Romantic comedy. (2022, U, 89min) ★★
3.50 FILM **Christmas Ever After** Romantic drama. (2020, PG, 87min) ★★
5.45 FILM **Road to Christmas** Festive romantic drama. (2018, U, 84min) ★★
7.45 FILM **Christmas at Maple Creek** Comedy. (2020, PG, 85min) ★★
9.40 FILM **Switched for Christmas** Drama. (2017, PG, 90min) ★★
11.45 FILM **Finding Santa** Festive romantic drama. (2017, U, 90min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **Merry Kiss Cam** (2022) ★★

+1 hour 323

Together TV

170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **My Floating Home**
2.00 **Love Your Garden**
3.00 **New Home DIY**
4.00 **The Greatest Auction**
5.00 **My Floating Home**
6.00 **Love Your Garden**
7.00 **Highclere: The Real Downton Abbey**
8.00 **Garden Rescue** Charlie Dimmock and Lee Burkhill create a practical, productive garden in Hampshire. **9.00** Chris Hull and Lee Burkhill redesign a garden in Oldbury.
10.00 FILM **The Deadly Females** Crime drama starring Rula Lenska. (1976, 15, 105min) ★★
12.00 M'T FILM **Adventures of a Private Eye** Comedy. (1977, 18, 92min) ★
2.00 AM FILM **Girl on a Motorcycle** Drama. (1968, 15, 91min) ★
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV

182 81 164 141

6.00 AM **Highlights**
10.00 **Doctor at Large**
10.30 **Two's Company** (S4)
11.00 **The Fenn Street Gang**
11.30 **The Dustbinmen** (S3)
12.00 NOON **Randall and...**
1.00 PM **Hallelujah** (S2)
1.30 **The Gaffer** 5/6. (S1)
2.00 **Father Brown**
3.00 **Rewind Time Machine**
3.05 **We Had One of Those**
3.15 **Boon** 8/13. (S4)
4.20 **Further Out of Town**
5.00 **Stereo Underground**
6.00 **The Gaffer** 5/6. (S1)
6.30 **Only When I Laugh**
7.00 **Two's Company** (S4)
7.30 **Doctor at Large**
8.00 **Randall and Hopkirk (Deceased)** 20/26. (S1)
9.00 **Drop the Dead Donkey**
10.00 FILM **Can You Keep It Up for a Week?** Comedy. (1974, 18, 94min) ★
11.55 FILM **Secrets of Sex** Comedy. (1970, 18) ★
1.45 AM **Stereo Underground**
2.45 **to 6.00** AM **Highlights**

DMAX

159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** A dangerous list forces Sig to jettison pots or capsize the *Northwestern*. **8.00** Keith recruits Johnathan to intercept an illegal Russian trawler.
9.00 **Alaska: Homestead Rescue** Marty restores a berm and construct a concrete storm.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

144 152 168 43 148 39

6.00 AM **James Martin's Spanish Adventure**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **Sophie Grigson: Slice of Italy** Double bill.
10.00 **Prue Leith's Cotswold Kitchen** Prue cooks a classic Colombian dish.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 6/28. (S1)
9.00 **T.J. Hooker** 1/19. (S5)
10.00 **Babylon 5** 17/23. (S1)
11.00 FILM **Asteroid-a-geddon** Adventure. (2020, PG, 90min) ★★
1.00 PM FILM **The Vengeance of She** Fantasy adventure. (1967, PG, 101min) ★
3.00 FILM **The 7th Voyage of Sinbad** Fantasy. (1958, U, 87min) ★★★★
5.00 **Star Trek** 8/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 17/23. (S1)
8.00 **Walker, Texas Ranger**
9.00 FILM **Wanted** Fantasy action thriller. (2008, 18, 105min) ★★★
11.10 FILM **The Bounty Hunter** Thriller. (2010, 12, 110min) ★★★
1.25 AM FILM **D.O.A** Thriller. (1988, 15, 93min) ★★
3.20 **to 4.55** AM FILM **Witchfinder General** (1967, 15) ★★★★

Legend Xtra

316 316 171 69 138 51

9.00 AM FILM **Polar Storm** Sci-fi action drama. (2009, PG, 92min) ★★
11.00 **Andromeda** 9/22. (S3)
12.00 NOON FILM **Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
2.00 PM FILM **Battle Star Wars** Sci-fi drama. (2020, 12, 86min) ★
4.00 **Walker, Texas Ranger**
5.00 FILM **Dark Storm** Sci-fi action thriller with Stephen Baldwin. (2006, 15, 89min) ★★
7.00 **Andromeda** 10/22. (S3)
8.00 **The A-Team** 5/23. (S2)
9.00 FILM **The Mask of Zorro** Adventure with Antonio Banderas and Catherine Zeta-Jones. (1998, PG, 137min) ★★★★
11.55 FILM **The Patriot** Period drama starring Mel Gibson. (2000, 15, 167min) ★★★
3.15 AM FILM **Dark Storm**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze

156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.45 **Pawn Stars**
7.30 **Full Custom Garage**
8.25 **Junk & Disorderly**
9.20 **Canadian Pickers**
1.05 PM **Pawn Stars**
2.05 **Junk & Disorderly**
3.05 **Full Custom Garage**
4.05 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Storage Wars Canada**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Weird Britain** New edition
10.00 **The UnXplained with William Shatner**
11.00 **Paranormal: Caught on Camera**
12.00 M'T **Mysteries from Above** In Saskatchewan.
1.00 AM **Alien Files: Unsealed** Documentary.
2.00 **Mysteries from Above**
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Dogs Behaving (Very) Badly**
10.00 **Amazing Railway Adventures with Nick Knowles** Peru.
11.00 **Ben Fogle: New Lives in the Wild** Iceland.
12.00 NOON **All Creatures Great and Small** (S1)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **America in Colour: The 1930s** The Dust Bowl and the Great Depression.
6.00 **Secrets of Our Universe with Tim Peake**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Keeping Faith** 7/8. (S1)
10.05 **The Madame Blanc Mysteries** 4/6. (S3)
11.05 **Prisoner: Cell Block H**
1.10 AM **Dogs Behaving (Very) Badly**
2.10 **Amazing Railway Adventures with Nick Knowles** Alaska.
3.10 **to 4.00** AM **America in Colour: The 1930s**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable** Quiz.
1.00 PM **Family Fortunes**
2.00 **The Chase Celebrity Special** With Omid Djalili and Dermot Murnaghan.
3.00 **The Chase** Quiz show.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Quiz show.
7.00 **The Chase Celebrity Special** Featuring Jay Rayner, Lucy Porter and Krishnan Guru-Murthy.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase**
2.00 **The Celebrity Chase**
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC

133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **The 600lb Diaries with Dr. Now** New edition Grace joins Dr Now's program and faces a hard choice: her health or her bond with her sisters.
10.00 **Dangerously Obese** New edition Crystal has been hiding her sexuality from her family and close friends for years, but that secret has fuelled an eating addiction.
11.00 **Dr Pimple Popper**
12.00 M'T **Mike & Molly**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central

112/113 135 132 345 360

8.00 AM **Friends**
9.00 **Everybody Loves Raymond** (S8)
11.00 **The Upper Hand**
1.00 PM **Friends** (S1&2)
7.00 **Friends** 5/24. Ross celebrates his birthday. **7.30** 6/24. Monica accidentally poisons Ross. **8.00** 7/24. Rachel confesses all to Ross. **8.30** 8/24. Ross draws up a list of Rachel's good and bad points. (S2)
9.00 **Michael McIntyre's Big Show** With Kerry Godliman and Alan Carr.
10.00 **8 Out of 10 Cats Uncut**
11.40 **Teachers** New episode 18/20. Ms Snap and Kyle are having trouble communicating. (S3)
12.10 AM **Whose Line Is It Anyway? USA**
1.10 **South Park**
3.30 **Michael McIntyre's Big Show** As 9.00pm.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154

6.00 AM **Everybody Loves...**
6.45 **The Culture Capsule**
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Easter Night at the...**
11.00 **Friends**
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S8)
7.00 **Michael McIntyre's Easter Night at the Coliseum** With Sia.
8.00 **The Upper Hand** (S1)
9.00 **Friends**
10.00 **South Park**
1.00 AM **Mike Judge's Beavis and Butt-Head**
2.00 **Michael McIntyre's Easter Night at the...**
3.00 **Most Ridiculous**
3.45 **New Girl** (S4)
5.15 **to 6.00** AM **Everybody Loves Raymond**

That's TV

171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 5/14. (S5)
10.50 **Steptoe and Son** (S6)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S2)
12.35 **Man About the House**
1.05 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 11/13. Drama. (S2)
2.45 **Minder** 6/13. (S2)
3.50 **Just Good Friends** (S1)
4.25 **Man About the House**
4.55 **Bread** 5/14. (S5)
5.30 **Birds of a Feather** (S11)
6.00 **That's 60s**
6.05 **Rising Damp** 4/8. (S2)
6.40 **Steptoe and Son** (S6)
7.15 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 10/13. (S8)
9.00 **Benidorm** 4/7. (S3)
9.55 **Shameless Xmas 2004**
11.30 **Man About the House**
11.55 **Mind Your Language**
12.30 AM **Benidorm** 4/7. (S3)
1.25 **Minder** 6/13. (S2)
2.20 **Duty Free** 1/7. (S3)
2.45 **to 5.00** AM **Highlights**

MTV

126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy**
6.00 **Help! I'm in a Secret Relationship!**
7.00 **Beauty and the Geek Australia** Reality series.
8.30 **Judge Judy**
9.00 **Skin A&E** The specialist clinic opens its doors.
10.00 **Tattoo Fixers** A man whose tribute to his mum went drastically wrong.
11.00 **Geordie Shore**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Lolo fail to juggle with 'juggle struggles'.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Filthy Fortunes** Double bill.
1.00 PM **Crikey! It's the Irwins**
3.00 **How It's Made: Dream Cars** Four editions, including at: **4.00** The Lucra LC470. **4.30** The birthplace of the Chevrolet Corvette Stingray.
5.00 **Alaska: Homestead Rescue** The Raneys help a family who have just survived a tornado. **6.00** Helping homesteaders living at the bottom of a cliff.

10.00 Mighty Truckers

7.00 **Truck Dynasty** A repeat client has a wild request, and when Joe changes how calls are handled, Ashley's family revolt.
8.00 **Truck Dynasty** A Land Rover Defender build brings in big money, so Joe starts work on his passion project.
9.00 **Wheeler Dealers** Mike Brewer and Marc 'Elvis' Priestley take on a Porsche 911 in rough shape.
10.00 NEW SERIES **Mighty Truckers** Dutch trucker Samantha crosses the German border with a truckload of horse manure.
11.00 **Expedition X** Josh and Heather investigate paranormal claims at Ireland's infamous Spike Island prison.
12.00 M'T **Caught!** Double bill.
1.00 AM **Wheeler Dealers**
2.00 **Mighty Truckers**
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **Insane Pools: Off the Deep End** From Florida.
9.00 **Louisiana Law**
10.00 **Tanked** A 20ft tank.
11.00 **Animal Cops Philadelphia**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell**
5.00 **Lone Star Law** Clarke and Temple stop a forest fire and help a distressed pelican.
6.00 **Dr Jeff: Rocky Mountain Vet** Examining a Weimaraner that has stopped eating and a pit bull with an injured leg.

8.00 Dog Detectives

7.00 **Treehouse Masters** Pete Nelson and his gang ride out to build a double-decker hideout in Texas Hill Country.
8.00 **Dog Detectives** New explosives detection dog Pip is on duty at Aston Villa's football ground.
9.00 **Alaska: The Last Frontier** The Kilchers move the Octagon building to safety, and finish work on Shane's cabin build.
10.00 **Mountain Monsters** The hunters track down one of the mysterious cloaked figures at the heart of the Spearfinger mystery.
11.00 **Pit Bulls & Parolees** Mariah and Kanani are searching for a box of puppies left to fend for themselves.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Philadelphia**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Hidden Beneath the Cities**
11.00 **Car S.O.S: Ultimate Countdown** British cars.
12.00 NOON **Car S.O.S**
1.00 PM **Air Crash Investigation**
2.00 **Hitler's Last Stand**
4.00 **Pirates: Behind the Legends**
5.00 **The City Under the Sea: Drain the Oceans** Ruins of ancient civilisations in the Mediterranean.
6.00 **World War II: Secrets from Above** The Allied landings near the port of Salerno.

8.00 Ancient Structures

7.00 **Air Crash Investigation** A journalist on another aircraft captures footage when plane explodes over France's Quiberon Bay.
8.00 **Ancient Structures: Secrets Revealed** New edition Legends of supernatural intervention in huge structures.
9.00 **Lost Tomb of Genghis Khan** Engineer and explorer Albert Lin searches for the Mongol leader's burial site.
10.00 **Pirates: Behind the Legends** The voyages of Anne Bonny and Mary Read, who formed a trio with Calico Jack.
11.00 **Air Crash Investigation**
12.00 M'T **Inside Melbourne Airport**
1.00 AM **Amsterdam Central 24/7**
2.00 **To Catch a Smuggler**
2.30 **Trafficked with Mariana Van Zeller** Double bill of editions.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack and Why**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Forged with Steele**
6.30 **Hitler's Handmaidens**
7.25 **Hitler's British Island**
9.15 **Pawn Stars** A Superman doll.
10.10 **Storage Wars** Five editions.
1.00 PM **History's Greatest Warriors** As 9.00pm.
2.00 **Mysteries Unearthed with Danny Trejo**
3.00 **Junk & Disorderly: Henry's Wreck-trospective**
6.00 **American Pickers** Robbie Wolfe and Jersey Jon Szalay inspect petroliana and drag-race memorabilia.

10.00 Mysteries Unearthed

7.00 **Forged in Fire** A visit to Combat Ready Art, where three of its finest blacksmiths face challenging tests.
8.00 **Storage Wars** New edition People who make a living from bidding for the contents of abandoned storage units.
9.00 **History's Greatest Warriors** New edition How the Viking's ability to launch devastating raids made them an elite force.
10.00 **Mysteries Unearthed with Danny Trejo** New edition A burning crater dubbed the 'Gateway to Hell'.
11.00 **Cursed Treasures** Curses surrounding the Fabergé Eggs.
12.00 M'T **Junk & Disorderly: Henry's Wreck-trospective**
1.50 AM **Storage Wars**
2.50 **History's Greatest Warriors**
3.40 **Mysteries Unearthed with Danny Trejo**
4.25 **Junk & Disorderly: Henry's Wreck-trospective**
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Seventies**
7.00 **Discovering: Richard Gere**
8.00 **The Directors**
9.00 **The Movies**
9.55 **Charlie Hustle & the Matter of Pete Rose**
11.00 **Spector**
12.00 NOON FILM **Busby** The life and career of Matt Busby. (2019, PG, 102min) ★★★
2.00 PM **Terry Venables: A Man Can Dream** Documentary.
4.00 **The Directors**
5.00 **I Am Jackie O**
6.45 **My Icon**

7.00 The Alien Autopsy Scandal

7.00 **The Alien Autopsy Scandal** *Are We Alone?* 3/3. Growing claims that the video was a hoax.
8.00 **The Mortician** 1/3. Documentary series charting the story of Los Angeles' most infamous family-run mortuary.
9.05 **The Mortician** 2/3. While a fire does little to deter him, abuse allegations lead to David Sconce's arrest.
10.10 **The Mortician** 3/3. Members of the Lamb family are convicted of various crimes.
11.10 **Rik Mayall: Magnificent B'stard** Documentary tribute to the influential comedian.
1.00 AM **Spitfire** The story of British single-seat fighter plane the Supermarine Spitfire.
3.00 **Barbie Uncovered: A Dreamhouse Divided**
4.50 **My Icon: Michael Holding**
5.00 **to 6.00** AM **Discovering: Richard Gere**

Wednesday

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Truckers**
1.00 PM **Johnny Vegas' Little Shop of Antiques**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House** From Filey.
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **The Yorkshire Auction House** A collection of Asian ornaments.
9.00 **Angus Ashworth: Yorkshire Heritage Hero** From Thirsk Hall.
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories** Laura Davies.
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Lady Killers**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** Victor Nealon.
8.00 **Murder on CCTV** Exploring the death of Beth von Steinner.
9.00 **Hunt for the Missing: Chicago** New edition Jerrica Laws vanishes from Park Forest, Illinois.
10.00 **American Detective with Lt Joe Kenda**
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK**
8.00 **UK Crime Files: The Murder of Collette Aram** The first case to be featured on *Crimewatch*.
9.00 **UK Crime Files: Bus Stop Rapist** An attack in Nottingham that led to an extremely long investigation.
10.00 **Bloodline Detectives** New edition The story of how genetic genealogy exposed Mark Dribin's killer.
11.00 **New Scotland Yard Files**
12.00 M'T **UK Crime Files: The Murder of Collette Aram** As 8.00pm.
1.00 AM **UK Crime Files: Bus Stop Rapist**
2.00 **Bloodline Detectives**
3.00 **Murder UK**
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files**
10.45 **Teleshopping**
11.00 **Secrets of a Murder Detective** Documentary.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Brothers Who Kill**
3.00 **UK Crime Files: Newport Revenge Murder** Documentary.
4.00 **Secrets of a Murder Detective** The murder of Tom Cressman.
5.00 **Medical Detectives** A woman is found dead with a gun in hand. **5.30** Investigators must piece together fragments of a computer disc. **6.00** A man is murdered by a bomb blast. **6.30** A murder staged to look like an accident.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My Village** Documentary.
1.00 PM **Murder Uncut**
2.00 **World's Most Evil Killers**
3.00 **How I Caught the Killer**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Murders That Shocked the Nation** Ruth Ellis.
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Murdered at First Sight**
10.00 **Murder Uncut**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** True-crime.
1.00 AM **Murder Uncut**
2.00 **Murdered at First Sight**
3.00 **Britain's Most Evil Killers**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of...**
8.40 **Paris: Stories from...**
9.50 **Thirties in Colour: Countdown to War**
10.45 **Eclipse Across Europe**
11.50 **The Cure for Hate...**
1.00 PM **Grand Tours of the Scottish Islands**
1.40 **Paris: Stories from the City** Documentary.
2.50 **Thirties in Colour: Countdown to War**
3.50 **Eclipse Across Europe**
4.55 **Grand Tours of the Scottish Islands**
5.30 **The Cure for Hate...**
6.40 **Paris: Stories from the City** Documentary.
7.50 **Thirties in Colour: Countdown to War**
8.50 **Eclipse Across Europe**
9.55 **The Cure for Hate: Bearing Witness to Auschwitz** Documentary.
11.00 **Thirties in Colour: Countdown to War**
12.00 M'T **Eclipse Across...**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

WEDNESDAY

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Orangutan Jungle School**
9.00 **Great Blue Wild**
10.00 **Mysteries of the Mekong**
11.00 **Africa's Hunters**
12.00 NOON **Wild Birds of Australia**
1.00 PM **Monkey Life**
2.00 **Orangutan Jungle School**
3.00 **Great Blue Wild**
4.00 **Mysteries of the Mekong**
5.00 **Africa's Hunters**
6.00 **Wild Birds of Australia**
7.00 **Monkey Life** Double bill.
8.00 **Macaque Island** The Hill Troop invade the Street Troop's turf.
9.00 **Tales from Zambia** The birdlife of Zambia's Luangwa Valley.
10.00 **Wild Birds of Australia** The country's birds of prey.
11.00 **Africa's Hunters** A lion pride faces an uncertain future.
12.00 M'T **America's Wild Seasons**
1.00 AM **Hope for Wildlife**
2.00 **Macaque Island** As 8.00pm.
3.00 **Tales from Zambia**
4.00 **Orangutan Jungle School**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Crimes That Shook Britain**
9.00 **Combat Ships**
10.00 **History's Greatest Aircraft**
11.00 **Ancient Aliens**
1.00 PM **Ancient Aliens**
6.00 **Ghost Ships**
7.00 **Crimes That Shook Britain** Examining the tragic 2012 case of police officers Nicola Hughes and Fiona Bone.
8.00 **Hitler's Engineers** A profile of the scientist Walter Heisenberg, who was key in the Nazis' efforts to build an atomic bomb.
9.00 **Hazardous History with Henry Winkler** Dangerous activities from the past.
10.00 **Rome: Rise and Fall of an Empire** Focusing on the story of General Marius, who defeated a barbarian invasion but then offered his own people a grim ultimatum.
11.00 **Ancient Aliens**
1.00 AM **Crimes That Shook Britain**
2.00 **Ancient Aliens**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **The Dino Hunters**
12.00 NOON **Richard Hammond's Big** Richard explores the Kölnbrein Dam in Austria.
1.00 PM **Cooper's Treasure**
3.00 **Alien Highway**
6.00 **How Do They Do It?**
9.00 **Expedition Bigfoot** Specialists armed with the latest technology set out to locate the fabled bigfoot. The start of their search takes them to the forests of Oregon. **10.00** With a team member down, Russell and Mireya must forge ahead to hunt down leads, and their investigations uncover their first pieces of potential evidence.
11.00 **Unexplained and Unexplored** Investigating the story of an English ship rumoured to be buried in a California desert. **12.00** M'T A fabled lost mine in the mountains of Arizona.
1.00 AM **Alien Highway**
4.00 **to 6.00** AM **The Dino Hunters**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitives Caught on Tape**
9.30 **My Strange Arrest**
10.30 **Court Cam**
11.00 **#Dead2Me**
2.00 PM **Green Eyed Killers**
3.00 **The Real Murders of Los Angeles** Triple bill of editions.
6.00 **On the Case with Paula Zahn**
7.00 **The First 48**
8.00 **Green Eyed Killers** New edition A pregnant woman vanishes after meeting her estranged husband.
9.00 **Crime in Progress** New edition A woman is brutally stabbed in broad daylight in Michigan.
10.00 **City Confidential**
11.00 **Look What You Made Me Do**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **The Real Murders of Atlanta** A naval reservist is gunned down in her car.
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Exotic Animal ER**
10.00 **Monster Fish: Extreme Sharks**
11.00 **Fish Tank Kings**
12.00 NOON **Secrets of the Zoo: North Carolina** Documentary.
1.00 PM **Europe from Above**
2.00 **Natural Treasures**
3.00 **Fish Tank Kings**
4.00 **Fish My City**
5.00 **Yukon Vet** Double bill.
7.00 **Snakes in the City: Compilation** New edition Highlights from the series.
8.00 **Legends of Venom** A look at the slippery world of the cobra. **9.00** Following vipers, a snake family as diverse as the challenges they face.
10.00 **Northwoods Survival** Emilie and Gilbert make great headway on their family cabin.
11.00 **Ultimate Airport Dubai**
12.00 M'T **Dutch Caribbean Coastguards** Documentary.
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Fish Tank Kings**

Discovery History

161/172 147 181

7.00 AM **America's Most Secret: Structures** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** A look at Nasa's top six most destructive stars.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **America's Most Secret: Structures** Behind the scenes of America's most classified sites.
9.00 **Legendary Locations** Exploring locations where the end of the world was just the beginning.
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Martin Clunes: Islands of America** Four editions.
1.00 PM **Martin Clunes: Islands of America** Four editions.
5.00 **Bangers & Cash**
7.00 **Bangers & Cash** Derek picks up a rare Ford Zodiac Farnham Estate, while Dave heads for an isolated tent in the Midlands to collect a Triumph Toledo. **8.00** Derek collects a Ford Thames 400E that once belonged to the pop band Edison Lighthouse, while Dave heads to York to collect an Astra GTE convertible. **9.00** A series of head-turning supercharged cars head to the Mathewson's auction room. **10.00** Derek heads to Scotland to pick up a Jaguar E-type and a rare MGC convertible. **11.00** There's a surprise waiting for Derek in Hull – an MGSA sports car that once had a tree growing through it.
12.00 M'T **Bangers & Cash**
5.30 **to 6.00** AM **Villages by the Sea**

+1hour 266 376

ID

154 140 166

8.00 AM **The Killer Beside Me**
11.00 **Love the Way You Lie**
12.00 NOON **Betrayed**
1.00 PM **American Monster**
3.00 **Murder Calls**
7.00 **Murder Under the Friday Night Lights** Officers investigate when a male cheerleader goes missing the day before the state championship. **8.00** A high-school football coach in St. Louis is shot dead.
9.00 **Body Cam** Two police officers respond to a domestic disturbance that ends in tragedy. Plus, a house fire takes a disturbing turn when it becomes a murder investigation.
10.00 **Feds** New edition When a criminal gang take over a jailhouse, Agent Lewis uncovers a disturbing world of sex, power and corruption.
11.00 **Road Rage** Four editions.
1.00 AM **Undercover Underage**
2.00 **Murder Calls**
4.00 **to 6.00** AM **Murder Under the Friday Night Lights**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead: Born Mechanic**
3.00 **The Explosion Show**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Iron Resurrection**
6.00 **Wheeler Dealers World Tour**
7.00 **Shed and Buried**
8.00 **Iron Resurrection** 2/2. Joe and Mike are hard at work on the surprise Harley for Pompa.
9.00 **Outback Truckers** Steve Grahame battles the elements to transport a triple trailer load.
10.00 **The Explosion Show**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Iron Resurrection**
1.00 AM **Richard Hammond's Workshop** Richard threatens to ditch the whole project.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

7.00 AM **The Internship** (2026)
8.35 **Mile End Kicks** As 4.05pm.
10.30 **The SpongeBob Movie: Search for SquarePants**
12.05 PM **The Choral** Comedy drama. (2025, 15, 113min) ★★★★
2.00 **Strung** As 9.40pm.
4.05 **Mile End Kicks** Comedy. (2025, 15, 111min) ★★★★
6.00 **The SpongeBob Movie: Search for SquarePants** Animated family adventure. (2025, PG, 88min) ★★★

7.40 Civil War

7.40 **PREMIERE** **Civil War** Action thriller with Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Strung** Thriller starring Chloe Bailey. A violinist's new job tutoring for a family turns into a battle for safety when she realises her past is linked to the family's patriarch. (2026, 15, 119min)

11.45 **Carolina Caroline** Crime thriller starring Samara Weaving and Kyle Gallner. (2025, 15, 105min) ★★★★
1.35 AM **Black Phone 2** Thriller sequel starring Ethan Hawke. (2025, 18, 114min) ★★★★
3.30 **Sisu: Road to Revenge** Action sequel. Partly subtitled. (2025, 15, 89min) ★★★★
5.05 **to 6.45** AM **The Internship** Thriller. (2026, 15, 87min)

Sky Cinema Hidden Gems

303 303 403 503 517

6.50 AM **Eddie the Eagle** (2016)
8.50 **Rumours** As 3.25am.
10.45 **Mars Attacks!** Sci-fi spoof. (1996, 12, 106min) ★★★★
12.45 PM **The Wedding Singer** Comedy. (1998, 12) ★★★★
2.30 **Spinal Tap II: The End Continues** Comedy sequel. (2025, 15, 83min) ★★★
4.10 **Trading Places** Comedy. (1983, 15, 116min) ★★★★★
6.10 **National Lampoon's Vacation** Comedy. (1983, 15, 95min) ★★

9.50 Friendship

8.00 **The Phoenician Scheme** Wes Anderson's comedy thriller starring Benicio del Toro. A businessman and his neglected daughter become the target of scheming tycoons, terrorists and assassins. (2025, 15, 101 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Friendship** Comedy starring Paul Rudd and Tim Robinson. A suburban father becomes friends with his charismatic new neighbour, but the dad's behaviour becomes unhinged. With Kate Mara. (2025, 15, 101 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Cable Guy** Dark comedy starring Jim Carrey, Matthew Broderick and Leslie Mann. (1996, 12, 96min) ★★★★
1.30 AM **Eddie the Eagle** Biopic. (2016, PG, 103min) ★★★
3.25 **Rumours** Horror comedy. (2024, 15, 104min) ★★★
5.15 **to 7.15** AM **Trading Places**

Sky Cinema Drama

310 310 410 510 524

7.00 AM **Cat Ballou** As 2.20am.
8.45 **True Grit** Oscar-winning Western starring John Wayne. (1969, PG, 128min) ★★★★★
11.00 **Flashdance** As 4.10am.
12.50 PM **A Star Is Born** Drama. (2018, 15, 136min) ★★★★★
3.15 **Cast Away** Adventure drama. (2000, 12, 143min) ★★★★
5.45 **The Blind Side** Fact-based drama. (2009, 12, 129min) ★★★

8.00 **Dreamgirls** Musical based on the hit Broadway show inspired by the story of Diana Ross and The Supremes, starring Jamie Foxx, Beyoncé Knowles, Eddie Murphy and Jennifer Hudson. (2006, 12, 130min) ★★★★
10.25 **Jackie** Biographical drama starring Natalie Portman. Jacqueline Kennedy battles with grief following the assassination of her husband, President John F Kennedy. With Greta Gerwig. (2016, 15, 100min) ★★★★

12.20 AM **Lee** Biopic of photographer Lee Miller, starring Kate Winslet. (2023, 15, 117min) ★★★
2.20 **Cat Ballou** Spoof Western. (1965, PG, 96min) ★★★★
4.10 **to 6.00** AM **Flashdance** Dance drama starring Jennifer Beals. (1983, 15, 96min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.20 AM **Critters** Sci-fi horror comedy. (1986, 15, 86min) ★★
7.50 **Annabelle** Horror thriller. (2014, 15, 97min) ★★
9.30 **Annabelle: Creation** Horror. (2017, 15, 109min) ★★★
11.25 **Pet Sematary** Horror thriller. (2019, 15, 101min) ★★★
1.10 PM **Men in Black** Sci-fi action comedy starring Will Smith. (1997, PG, 94min) ★★★★

2.50 **Mad Max** Action thriller starring Mel Gibson and Joanne Samuel. (1979, 15, 93min) ★★★★★
4.30 **Mad Max 2** Thriller sequel. (1981, 18, 95min) ★★★★
6.10 **Mad Max Beyond Thunderdome** Action thriller sequel. (1985, 15, 107min) ★★★
8.00 **The Nun** Horror starring Taissa Farmiga and Demián Bichir. (2018, 15, 96min) ★★★
9.45 **Smile 2** Horror sequel starring Naomi Scott and Kyle Gallner. (2024, 18, 127min) ★★★★

11.55 **Brightburn** Superhero horror. (2019, 15, 90min) ★★★
1.35 AM **Event Horizon** Sci-fi horror thriller. (1997, 18, 96min) ★★★
3.30 **Wolf Man** Werewolf horror. (2024, 15, 103min) ★★★
5.25 **to 7.10** AM **Westworld** Sci-fi thriller. (1973, 15, 89min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family
304 304 406 506 519

6.00 AM **Flavia** (2026, PG) ★★★
7.40 **Penguins of Madagascar**
9.15 **Trolls** (2016, U) ★★★
10.50 **Annie** Musical. (1982, U) ★★★
1.10 PM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
2.40 **The SpongeBob SquarePants Movie** As shown at 10.55pm.
4.15 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
6.00 **The Lego Movie 2: The Second Part** Animated sequel. (2019, U, 107min) ★★★★

7.50 Scooby-Doo

7.50 **Scooby-Doo** Live-action comedy adventure with Freddie Prinze Jr, Sarah Michelle Gellar, Matthew Lillard and Linda Cardellini. (2002, PG, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **Scooby-Doo 2: Monsters Unleashed** Live-action comedy adventure sequel starring Freddie Prinze Jr. (2004, PG, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **The SpongeBob SquarePants Movie** Animated adventure. (2004, U, 87min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **MouseHunt** Comedy. (1997, PG, 98min) ★★★★
2.05 **Penguins of Madagascar** Animation. (2014, U) ★★★★
3.40 **The Swan Princess: Secret of the Castle** (1997, U) ★★
5.05 **The Cinema List**
5.35 **to 7.15** AM **The Angry Birds Movie** (2016, U) ★★★

Sky Cinema Action
306 306 407 507 521

7.10 AM **The Cinema List: Trapped**
7.25 **Streetfighter** As 5.05am.
9.20 **Twilight of the Warriors: Walled In** Crime thriller. (2024, 15, 126min) ★★★
11.30 **Red Right Hand** Thriller. (2023, 15, 111min) ★★★
1.35 PM **Bullet Train** Comedy thriller. (2022, 15) ★★★★
3.50 **Days of Thunder** Action drama. (1990, 15, 107min) ★★★
5.50 **S.W.A.T.** Action thriller. (2003, 12, 115min) ★★★

5.50 S.W.A.T.

8.00 **Venom** Fantasy adventure starring Tom Hardy, Riz Ahmed and Michelle Williams. A journalist gains superhuman strength and power when his body merges with an alien organism. (2018, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano and Jordi Mollà. (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Hancock** Action comedy fantasy starring Will Smith. (2008, 12, 92min) ★★★
2.05 **Green Lantern** Adventure. (2011, 12, 114min) ★★
4.05 **Sky Cinema Preview**
5.05 **to 6.55** AM **Streetfighter** Martial arts action drama. (1994, 12, 102min) ★★

Sky Cinema Comedy
308 308 408 508 522

6.15 AM **Jackie Chan's The Tuxedo** Action comedy. (2002, 12) ★★
7.55 **My Girl 2** (1994, PG) ★★
9.35 **Blades of Glory** (2007) ★★★
11.10 **Beverly Hills Cop II** (1987)
12.55 PM **Central Intelligence** (2016)
2.45 **Talladega Nights: The Ballad of Ricky Bobby** Comedy. (2006, 15, 108min) ★★★★
4.50 **Beverly Hills Cop 3** Comedy thriller sequel. (1994, 15) ★★
6.35 **The Brothers Grimsby** Action comedy. (2016, 15, 83min) ★★

10.10 'About Last Night...'

8.00 **Hitch** Romantic comedy with Will Smith and Eva Mendes. A smooth-talking man forges a career as a 'date doctor', offering advice to lonely guys – but when he falls in love, he finds his expertise counts for nothing. (2005, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **'About Last Night...'** Comedy drama about the bitter-sweet love affair of two Chicago yuppies. Stars Rob Lowe, Demi Moore, Elizabeth Perkins and James Belushi. (1986, 18, 113min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Instant Family** Comedy. (2018, 12, 118min) ★★★★
2.05 **The Hangover Part II** Comedy sequel. (2011, 15, 101min) ★★
3.50 **The Hangover Part III** Comedy sequel. (2013, 15, 100min) ★★
5.35 **The Cinema List: Bingeable**
5.55 **to 7.55** AM **Just Go With It** Comedy. (2011, 12, 117min) ★

Sky Cinema Thriller
309 309 409 509 523

7.00 AM **Sky Cinema Preview**
7.45 **Juror #2** As 12.00m't.
9.45 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
11.45 **The Girl on the Train** (2016)
1.45 PM **The Fugitive** Action thriller starring Harrison Ford. (1993, 15, 128min) ★★★★★
4.05 **No Country for Old Men** The Coen Brothers' dark thriller. (2007, 15, 122min) ★★★★
6.15 **Eye in the Sky** Thriller. (2015, 15, 112min) ★★★★

8.00 The Girl on the Train

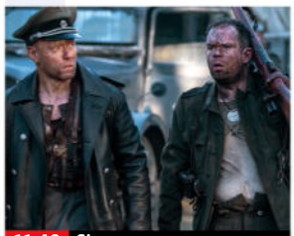
8.00 **The Girl on the Train** Thriller based on Paula Hawkins' novel, starring Emily Blunt and Rebecca Ferguson. An alcoholic gets drawn into a web of intrigue when she becomes fascinated by a woman's disappearance. (2016, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **PREMIERE** **Civil War** Action thriller with Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Juror #2** Legal thriller. (2024, 12, 113min) ★★★★
2.00 AM **The Stranger in My Home** Thriller starring Sophia Bush. (2025, 15, 91min) ★★
3.45 **Breakdown** Suspense thriller. (1997, 15, 94min) ★★★★
5.25 **to 7.00** AM **Parallel** Fantasy. (2024, 15, 88min) ★★★★

Film4
313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **All the King's Men** Oscar-winning drama. (1949, b/w, PG, 109min) ★★★★★
1.15 PM **Tomahawk** Western. (1950, PG, 82min) ★★
2.55 **Dad's Army** Comedy spin-off. (1971, U, 95min) ★★★★
4.45 **The Bravados** Western. (1958, PG, 98min) ★★★
6.45 **Fisherman's Friends** Comedy drama starring James Purefoy. (2019, 12, 112min) ★★★


11.40 Sisu

Fisherman's Friends (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Equalizer** Action thriller starring Denzel Washington, Marton Csokas and Chloë Grace Moretz. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.40 **Sisu** Finnish action thriller starring Jorma Tommila. An ex-soldier is confronted by Nazis when trying to take gold from the Lapland wilderness into the city. Partly subtitled. (2022, 15, 88min) ★★★
1.25 **to 3.35** AM **The Last Tree** Drama with Samuel Adewunmi and Gbemisola Ikumelo. (2019, 15, 99min) ★★★★

11 PM

+1 hour 314 430 47 301 257

Sky Cinema 2026 Recap
302 302 402 502 516

6.45 AM **The Shadow's Edge** Action thriller. (2025, 15, 141min) ★★★
9.10 **The Gentleman** As 4.45am.
10.50 **Prisoner of War** As 2.45am.
12.50 PM **Neighborhood Watch** Thriller with Jeffrey Dean Morgan. (2025, 15, 92min) ★★★★
2.30 **The Naked Gun** Comedy reboot. (2025, 15, 85min) ★★★★
4.00 **Materialists** Romantic comedy. (2025, 15, 116min) ★★★★
6.00 **Regretting You** Melodrama. (2025, 12, 116min) ★★★
8.00 **Downton Abbey: The Grand Finale** Drama spin-off starring Hugh Bonneville. In the summer of 1930, the Crawleys grapple with the threat of social disgrace when Mary finds herself at the centre of a public scandal. (2025, PG, 123min) ★★★★
10.10 **The Conjuring: Last Rites** Supernatural horror with Vera Farmiga and Patrick Wilson. (2025, 15, 135min) ★★★
12.30 AM **Weapons** Horror starring Julia Garner and Amy Madigan. (2025, 18, 128min) ★★★★★
2.45 **Prisoner of War** Action thriller. (2025, 15, 112min) ★★★
4.45 **to 6.20** AM **The Gentleman** Crime thriller starring Ron Perlman. (2025, 15, 89min) ★★

Sky Cinema Greats
307 307 404 504 518

6.00 AM **Sky Cinema Preview**
6.40 **Gremlins 2: The New Batch** Horror comedy fantasy sequel. (1990, 12, 107min) ★★★
8.30 **Liar Liar** (1997, 12) ★★★★
10.00 **National Lampoon's Vacation** Comedy. (1983, 15, 95min) ★★
11.45 **The 'burbs** Offbeat comedy. (1989, PG, 103min) ★★★
1.30 PM **Arthur** Comedy with Dudley Moore. (1981, 15, 93min) ★★★★
3.10 **American Pie** Teen comedy. (1999, 15, 96min) ★★★★
4.50 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
6.20 **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★
8.00 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
9.50 **The Man with Two Brains** Comedy. (1983, 15) ★★★★
11.25 **Risky Business** Comedy drama. (1983, 18, 98min) ★★★★
1.05 AM **See No Evil, Hear No Evil** Comedy thriller starring Richard Pryor. (1989, 15, 107min) ★★★
2.50 **Kindergarten Cop** Comedy thriller. (1990, 15, 111min) ★★★
4.50 **The Cinema List: Bingeable**
5.20 **to 7.20** AM **The Big Chill** Comedy. (1983, 15) ★★★★

Disney+ Cinema
305 305

6.00 AM **Duck Tales the Movie: Treasure of the Lost Lamp**
7.20 **Bambi** Feature-length cartoon. (1942, U, 69min) ★★★★★
8.30 **The Wild** Animated comedy. (2005, U, 82min) ★★
9.55 **Cars 2** Animated comedy sequel. (2011, U, 102min) ★★★
11.45 **Hannah Montana: The Movie** Teen musical comedy spin-off. (2009, U, 98min) ★★★
1.30 PM **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
3.50 **Aladdin** Animated fantasy. (1992, U, 90min) ★★★★★
5.25 **WALL•E** Animated adventure. (2008, U, 98min) ★★★★★
7.05 **The Princess Diaries** Comedy. (2001, U, 115min) ★★★
9.00 **(500) Days of Summer** Comedy. (2009, 12, 95min) ★★★★
10.35 **Juno** Offbeat comedy. (2007, 12, 96min) ★★★★
12.15 AM **A Complete Unknown** Biopic. (2024, 15) ★★★★
2.35 **Tomorrowland: A World Beyond** Fantasy adventure. (2015, 12, 130min) ★★★
4.50 **to 6.00** AM **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U) ★★★

Movies 24
312 313 419

7.00 AM **Christmas in Wolf Creek** Comedy. (2022, PG, 86min) ★★
9.00 **Holiday Crashers** Comedy. (2024, PG, 90min) ★★
11.00 **The Santa Summit** Romantic drama. (2023, PG, 90min) ★★
1.00 PM **Mistletoe in Montana** Romance starring Melissa Joan Hart. (2021, PG, 83min) ★★
3.00 **This Time Each Year** Romantic drama. (2024, PG, 84min) ★★
5.00 **Christmas on Duty** Romantic drama. (2025, PG, 89min) ★★
7.00 **The Snow Must Go On** Festive drama starring Corey Cott. (2025, PG, 90min) ★★
9.00 **A Very Vermont Christmas** Drama with Katie Leclerc and Ryan McPartlin. A champion skier and a brewmaster team up to create a seasonal beer to save a family business. (2024, PG, 88min) ★★
11.00 **Christmas at the Catnip Cafe** Drama. (2025, PG, 90min) ★★
1.00 AM **Happy Holidays from Cherry Lane** Festive drama sequel. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Christmas in Notting Hill** Festive romantic drama. (2023, PG, 84min) ★★

Movies 24+ 315/329 314 420

Talking Pictures
324 445 82 306 36

6.00 AM **The Trial of Madame X** Drama. (1948, b/w, PG) ★★★
7.10 **Cinebox Memories**
7.15 **Part-Time Wife** (1961, PG) ★★★
8.35 **Murder in Reverse** Thriller. (1946, b/w, PG, 80min) ★★★
10.10 **The Silent Invasion** War drama. (1962, b/w, PG, 70min) ★★★
11.30 **Chevron Hall of Stars**
12.00 NOON **Sergeant Cork** 1/4. (S5)
1.05 PM **The Buccaneers** 16/39. (S1)
1.35 **Beyond the Time Barrier** Adventure. (1960, b/w, U) ★★★
3.05 **Cinebox Memories**
3.10 **Dial 999** 24/39. (S1)
3.40 **Hour of Decision** Mystery. (1957, b/w, PG, 79min) ★★★
5.15 **Mark of the Phoenix** (1958) ★
6.30 **Give Us a Clue** With Mike Read.
7.00 **Out of Town**
7.30 **Scotland Yard** 1/39. (S1)
8.00 **A Man Called Harry Brent** (S1)
8.30 **Travelling Man** 1/7. (S2)
9.35 **The Intruder** Suspense drama. (1953, PG, 84min) ★★★
11.15 **The Stranglers of Bombay** Adventure. (1959, b/w, 15) ★★★
12.55 AM **Auntie Lee's Meat Pies** Comedy. (1992, 15, 99min) ★★★
3.00 **A Piece of Cake** Comedy. (1948, b/w, U, 46min) ★★★
4.00 **Stagecoach West** 16/38. (S1)
5.00 **to 6.00** AM **The Rogues**

Sky Sports Main Event

401 401 501 419 439

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast** Headlines surrounding the World Cup.
10.00 **World Cup Matchday** In-depth analysis and discussion on the World Cup latest matches.
5.00 PM **LIVE International T20 Cricket** **England v India.** Coverage of the first match in the five-game series held at the Riverside in Chester-le-Street, as the teams meet in a T20 at this ground for the first time. The last T20 series between the teams saw India claim a 4-1 home win, and they also prevailed 2-1 when they last played in England in this format. The last time these two sides met in a T20 India claimed a massive 150-run victory after bowling England out for just 97 after making 247-9 in their innings.
9.30 **World Cup Report** A round-up of the day's World Cup news.
2.30 **to 6.30** AM **LIVE Major League Cricket** **LA Knight Riders v Washington Freedom.** Coverage of the T20 match staged at Knight Riders Cricket Field in Fairplex, Pomona.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **Premier League Highlights**
11.00 **SNF** Recent highlights.
12.00 NOON **Premier League Highlights** Recent action.
3.30 PM **SNF** Highlights from Nottingham Forest v Sunderland. **4.00** Tottenham Hotspur v Wolverhampton Wanderers.
4.30 **Premier League Highlights** Action from Aston Villa v Fulham.
5.30 **MNF Hlts** Action from Everton v West Ham United.
6.00 **Premier League Review**
7.00 **Premier League Stories**
7.30 **Transfer 360** Delving into the transfers of Alan Shearer.
8.00 **Netbusters** Fast-paced highlights using alternative angles, featuring every goal from every game.
9.00 **Premier League Review** The fifth and sixth rounds of fixtures.
11.00 **Premier League Years** A look back at the 2022/23 campaign.
1.00 AM **PL Retro** A chance to see Liverpool v Newcastle from 1996.
3.30 **PL Greatest Games**
4.00 **PL Best Goals 10/11**
5.00 **Best PL Own Goals**
5.30 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **EFL Cup Retro**
2.00 PM **Dundee United: Champions 83**
2.30 **John Robertson: Hammer of Hibs** Goals from 1983 to 1998.
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.30 **EFL Greatest Games**
6.00 **EFL Cup Retro** Chelsea v Manchester City in the 2019 final.
8.45 **EFL Greatest Games** Sheffield United v Nottingham Forest.
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.30 **EFL Greatest Games**
12.00 M'T **Retro League One**
2.00 AM **EFL Rivalries**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2017 final.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.00 AM **Test Cricket** England v New Zealand: The third and final Test.
11.00 **Women's T20 World Cup**
11.30 **The Film Room: England v New Zealand** Action from 1997.
12.00 NOON **Test Cricket**
5.00 PM **LIVE International T20 Cricket** **England v India.** Coverage of the first match in the five-game series staged at the Riverside in Chester-le-Street, Co Durham.
9.30 **Women's T20 World Cup** Highlights of the first semi-final.
10.00 **The Film Room: England v New Zealand** Action from 1999.
10.30 **Best of WT20**
11.00 **Women's T20 World Cup**
11.30 **International T20 Cricket**
12.00 M'T **The Film Room: England v New Zealand** Action from 1999.
12.30 AM **Women's T20 World Cup**
1.00 **Best of WT20**
1.30 **International T20 Cricket**
2.00 **Best of WT20**
2.15 **to 6.30** AM **LIVE Major League Cricket** **LA Knight Riders v Washington Freedom.** Coverage of the T20 match staged at Knight Riders Cricket Field in Fairplex, Pomona.

Sky Sports Golf

406 406 506 423 443

6.00 AM **Rose Ladies Series**
8.00 **US Women's Open Golf**
1.00 PM **Women's PGA Championship** The fourth day.
6.00 **PGA Tour Champions** Action from the Dick's Open in New York.
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf Highlights** Action from the Blot Open de Bretagne.
8.00 **PGA Tour Golf** Day four of the Travelers Championship.
9.00 **Women's PGA Championship**
10.00 **PGA Tour Champions** The Dick's Open held at En-Joie Golf Course in Endicott, New York.
11.00 **Rose Ladies Series**
12.00 M'T **PGA Tour: The Cut**
12.30 AM **HotelPlanner Tour Golf Highlights** Action from the Blot Open de Bretagne.
1.00 **Golf Academy** Advice.
2.00 **PGA Tour Golf** Highlights.
3.00 **The Open – Official Films**
4.00 **School of Golf** Advice.
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP Tennis** Halle Open.
7.00 **US Open Classic Matches**
8.00 **Best of Serena Williams**
9.00 **ATP & WTA Tour Classics**
10.00 **Best of Federer** From 2017.
11.00 **Tennis** Madrid Open review.
11.30 **ATP Tennis** Recent highlights.
1.30 PM **WTA Tennis** Italian Open.
2.30 **WTA Tennis** Ostrava Open final.
3.30 **US Open Classic Matches**
5.30 **WTA Tennis** Italian Open review.
6.00 **Best of Federer** Archive action.
8.00 **ATP Tour This Week**
8.30 **Best of Serena Williams**
9.30 **Best of Federer**
10.30 **ATP Tour This Week**
11.00 **ATP Tennis** Recent highlights.
3.00 AM **Best of Federer**
5.00 **to 6.00** AM **ATP & WTA Tour Classic Matches**

TNT Sports 1

410 413 521 408 430

6.00 AM **Playing for Our Future – Cycling** Documentary.
6.15 **The Gruppetto** Cycling news.
6.30 **The Cycling Show**
7.00 **Premiership Women's Rugby**
8.30 **Premier League Stories**
9.00 **Wimbledon** The second day.
10.30 **International T20 Cricket Hlts**
12.30 PM **TNT Sports Cricket Reload**
1.00 **MLB Highlights** Baseball action.
2.00 **Test Cricket Highlights**
4.00 **WRC Review** Rally Greece.
5.00 **Premier League Stories**
5.30 **MLB Highlights** Baseball action.
6.30 **MLB Plays of the Week**
7.00 **LIVE MLB** **Chicago Cubs v San Diego Padres.** Coverage of the National League match staged at Wrigley Field. Start-time is at **7.20pm**.
10.00 **Wimbledon** The third day.
11.30 **TNT Sports Reload**
12.00 M'T **The Cycling Show**
12.30 AM **The Gruppetto**
12.45 **MotoGP Rewind**
1.00 **Discovery Golf**
1.30 **MotoGP Highlights**
2.30 **Wimbledon** The third day.
4.00 **Premiership Women's Rugby**
5.30 **to 6.00** AM **UEFA Champions League – Classics**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP** Action from the Grand Prix of Netherlands.
9.30 **Motocross World Championship** From Portugal.
12.30 PM **MotoGP Films**
1.00 **MotoGP** Action from the Grand Prix of Netherlands.
4.30 **SailGP – Racing on the Edge** An unprecedented look at SailGP and the sport's best athletes.
5.00 **Fishing: On the Bank** Including coverage of the Southampton Boat Show.
6.00 **TNT Sports Reload**
6.30 **Ultimate Pool** Action from the Group Three matches in the Champions League tournament.
8.00 **MotoGP Highlights** Action from the MotoGP Grand Prix of Netherlands at TT Circuit Assen.
9.00 **UFC** Another chance to see Rafael Fiziev v Manuel Torres.
12.00 M'T **UFC Main Event**
1.00 AM **UFC Reloaded** Highlights from Anderson Silva and Travis Lutter at UFC 67 in 2007. **3.30** Action from Louis Smolka v Paddy Holohan in 2015.
5.15 **MotoGP Rewind**
5.30 **to 6.00** AM **MLB Plays of the Week**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League** Wigan Warriors v Leigh Leopards. **9.00** A replay of Hull Kingston Rovers v St Helens from 2025.
12.00 NOON **Super Bowl LX** Seattle Seahawks v New England Patriots.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights** Philadelphia Eagles v Los Angeles Rams from the 2025/26 season.
4.00 **Super League Highlights**
4.45 **World Club Challenge**
5.00 **NFL Bitesize Highlights**
5.30 **Women's Super League**
6.00 **NBA Basketball** Dallas Mavericks v Boston Celtics. **8.00** Minnesota Timberwolves v Golden State Warriors.
10.00 **Super League Highlights** Wigan Warriors v Hull Kingston Rovers in the 2024 Grand Final.
10.15 **World Club Challenge** Wigan Warriors v Penrith Panthers.
10.30 **NFL Bitesize Highlights**
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **Women's Super League**
1.30 **World Club Challenge**
1.45 **Super League**
5.00 **Women's Super League**
5.15 **to 6.00** AM **Super League Highlights**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report** Featuring a round-up of all the day's World Cup news.
7.00 **World Cup Breakfast** Headlines surrounding the World Cup.
8.00 **Super League** Warrington Wolves v Leeds Rhinos: Another chance to see the match staged at Halliwell Jones Stadium.
10.45 **EFL Greatest Games** Wolverhampton Wanderers v Derby County from 2016.
11.00 **World Cup Matchday** In-depth analysis and discussion on the latest World Cup matches.
7.00 PM **World Cup Report** A round-up of all the day's World Cup news.
12.00 M'T **EFL Greatest Games** Highlights of Charlton Athletic v Sunderland from 1997/98. **12.15** AM Highlights of Gillingham v Manchester City. **12.30** Bolton Wanderers v Watford from 1998/99. **12.45** Bolton Wanderers v Preston North End in 2000/01.
1.00 **Premier League Darts** Another chance to see the opening night held at Utilita Arena Newcastle.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Women's T20 World Cup**
7.30 **Super League** Recent action..
1.00 PM **Women's T20 World Cup** Action from the first semi-final.
1.30 **Women's State of Origin**
2.00 **PL Greatest Games**
3.00 **Super League** A replay of York Knights v Hull Kingston Rovers.
6.15 **Formula 1** Austrian Grand Prix.
7.15 **Test Cricket** England v New Zealand from Trent Bridge.
8.15 **Women's T20 World Cup**
8.45 **State of Origin Rugby League Highlights** New South Wales Blues v Queensland Maroons.
9.00 **NBA Basketball** Charlotte Hornets v Los Angeles Clippers.
11.00 **Formula 1** Austrian Grand Prix.
12.00 M'T **EFL Greatest Games**
1.00 AM **NBA Basketball**
5.15 **to 6.00** AM **EFL Greatest Games**

TNT Sports 3

413 415 523 410 432

6.00 AM **Test Cricket Highlights**
7.00 **NWSL** The Challenge Cup final.
8.00 **SailGP – Racing on the Edge**
8.30 **Fishing: On the Bank**
9.30 **WRC Review** Rally Greece.
10.30 **Champions League Classics**
11.30 **Playing for Our Future: Rugby**
11.45 **The Cycling Show**
12.15 PM **The Gruppetto** Cycling news.
12.30 **Tour de France Men Highlights**
1.30 **Cycling** Giro d'Italia Next Gen.
2.30 **BMX Racing** Action from France.
3.30 **Men's & Women's Cycling National Road Championship**
5.30 **Powerlifting World Classic Championship** From Lithuania.
6.30 **NWSL** The Challenge Cup final.
7.30 **Premiership Women's Rugby**
9.00 **Discovery Golf** The latest news.
9.30 **International T20 Cricket Hlts**
11.30 **Motocross World Championship**
2.30 AM **NWSL** Challenge Cup final.
3.30 **Fishing: On the Bank**
4.30 **Reframe the Game**
5.00 **to 6.00** AM **Formula E: Driver**

TNT Sports 4

414 416 524 411 434

6.00 AM **AFL** Another chance to see Brisbane Lions v Sydney Swans. **7.30** Another chance to see Hawthorn Hawks v GWS Giants. **9.00** A chance to see Carlton Blues v West Coast Eagles. **10.30** A replay of Collingwood Magpies v Richmond Tigers.
12.00 NOON **AFL** A chance to see Port Adelaide Power v Adelaide Crows. **1.30** PM North Melbourne Kangaroos v Essendon Bombers. **3.00** A replay of Fremantle Dockers v Gold Coast Suns.
4.30 **Motocross World Championship** From Portugal.
7.30 **AFL** Another chance to see Brisbane Lions v Sydney Swans. **9.00** Another chance to see Hawthorn Hawks v GWS Giants. **10.30** A chance to see Carlton Blues v West Coast Eagles. **12.00** M'T Collingwood Magpies v Richmond Tigers.
1.30 **to 6.00** AM **AFL**

Premier Sports 1

419 APP 528

6.00 AM **European Le Mans Series**
7.00 **FIM Sidecarcross Championship**
8.00 **Top 14 Rugby Union**
10.00 **Sporting Greats**
10.30 **NASCAR Highlights**
11.30 **United Rugby Championship** A chance to see Glasgow Warriors v Bulls in the first semi-final. **1.30** PM A replay of Leinster v Stormers in the second semi-final.
3.30 **Sporting Greats**
4.00 **NHL Tonight** Highlights.
5.00 **Top 14 Rugby Union** Another chance to see the final.
7.00 **Top 14 Rugby Union Highlights**
8.00 **Champions Cup Show**
8.30 **KOTV Weekly** Boxing news.
9.00 **World Surf League**
10.00 **NASCAR Highlights**
11.00 **FIM Sidecarcross Championship** GP of Estonia.
12.00 M'T **Top 14 Rugby Union**
2.00 AM **Sporting Greats**
3.00 **United Rugby Championship**
5.00 **to 6.00** AM **NASCAR**

Premier Sports 2

420 APP 529

6.00 AM **German Cup** Bayern Munich v VfB Stuttgart in the final.
8.00 **Football's Greatest**
9.00 **NASCAR O'Reilly Series**
12.00 NOON **Champions Cup Show** A look back at this year's final.
12.30 PM **Challenge Cup Draw**
12.55 **Champions Cup Draw**
1.30 **Temples of Sport**
2.00 **Argentine Primera** A chance to see River Plate v Belgrano.
4.00 **Coppa Italia** Another chance to see Lazio v Inter Milan in the final.
6.00 **Temples of Sport**
6.30 **Mass Participation** Action from the Le Marathon des Sables.
7.30 **German Cup** Bayern Munich v VfB Stuttgart in the final.
9.30 **Transworld Sport**
10.30 **Mass Participation** Action from the Trans Sahara Marathon. **11.00** The Transvulcania.
11.30 **Bike World** Action from the high octane world of two wheels.
12.00 M'T **to 6.00** AM **Test Cricket**

Sky Sports F1

407 407 507 424 444

6.00 AM **Formula 1** Archive action.
10.00 **British GT Championship**
11.00 **Formula 1** Austrian Grand Prix.
1.15 PM **Formula 3** From Austria.
3.15 **Formula 2** Austrian Grand Prix.
5.35 **Lando Norris IV**
5.45 **Golf with Sergio Perez**
6.00 **Formula 1** Austrian Grand Prix.
7.00 **Formula 1** The 2025 British Grand Prix from Silverstone.
8.00 **F1 Classic Races** Archive action.
9.30 **Classic British GPs** From 2003.
11.15 **F1 Classic Races** From 2012.
1.00 AM **F1 Explained**
2.00 **The Best of F1**
5.00 **to 6.00** AM **F1 Explained**

Thursday

2 July

Planner

Tilda Swinton: The Wildcards

DOCUMENTARY Sky Arts, 9pm

This profile of one of Britain's most enigmatic acting talents examines her unconventional artistic journey, from her early roots in indie cinema to massive multi-million-pound global blockbusters.

Human Vapor

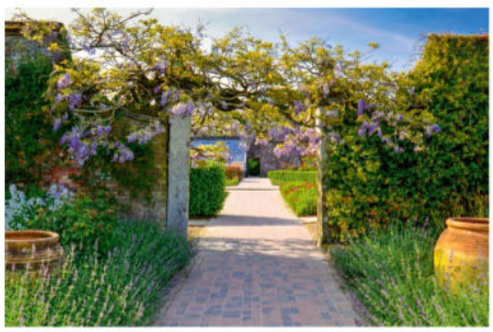
SCI-FI Netflix

A first-of-its-kind collaboration between Netflix and legendary Japanese studio Toho reboots the classic 1960 sci-fi film into a dark, eight-part epic. A detective and a reporter team up to hunt for a elusive killer who can literally disappear into a puff of smoke.

Cornwall: A Year by the Sea

DOCUMENTARY 5, 8pm

In tonight's episode of the documentary, cameras go behind the scenes at the world-famous Lost Gardens of Heligan, where gardeners, engineers and estate workers are restoring damage from a winter of Atlantic storms.



Below Deck

REALITY E4, 8pm

The reality series following the crew of motor yacht *St David* returns for season 12. New chef Lawrence Snowden (pictured), struggles to find his sea legs, while a germaphobe guest with a black light proves to be a challenge to Captain Kerry and the crew.

Thursday

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Wimbledon – Live: Continued coverage of day four						10.00 News; Local News	
	102 BBC2	7.00 Grand Tours of...	7.30 EastEnders	8.00 The Repair Shop		9.00 Who Do You Think You Are?		10.00 Would I Lie to...	10.30 Newsnight
	103 ITV1		7.15 Joanna Lumley's Danube	8.15 Long Lost Family: False Identities Special		9.15 Unbelievable Moments Caught on...		10.15 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 George Clarke's Remarkable...		9.00 24 Hours in Police Custody		10.00 The Accused: Beyond Reasonable...	
	105 5	7.00 All-Inclusive Holidays: How to Get...		8.00 Cornwall: A Year by the Sea		9.00 Riptide		10.00 Aces of Tennis: The ATP No 1 Club	
	106 SKY ONE	7.00 The Simpsons		8.00 Whale with Steve Backshall		9.00 From		10.00 Film: Beverly Hills Cop 3	
ENTERTAINMENT	115 BBC3	7.05 Deadly 60	7.30 EastEnders	8.00 Top Gear		9.00 The Traitors US			
	116 BBC4	7.00 University...	7.30 Only Connect	8.00 Film: The Railway Children				10.00 Film: Close Encounters of the Third...	
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	◂ 6.55 Location, Location, Location		7.55 PopMaster TV		9.00 Lorraine Kelly's Norwegian Odyssey		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 Below Deck		9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Rookie		9.00 FBI		10.00 The Rookie	
	108 SKY ATLANTIC	◂ 6.30 Dune: Prophecy				9.00 Under Salt Marsh		10.05 DTF St Louis	
	110 U&GOLD	◂ 6.40 Red Dwarf		8.00 Keeping Up...	8.40 Dad's Army		9.20 Not Going Out	10.00 Red Dwarf: The Promised Land	
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	◂ 6.55 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
	120 ITV4	7.00 American Pickers		8.00 Ice Road Truckers		9.00 Who Wants to Be a Millionaire?...		10.00 The Motorbike Show	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Iain Stirling's Roast the Internet		10.00 Stupid Central	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Small Town, Big Story		10.00 Grimm	
	143 U&DRAMA	◂ 6.40 Last of the Summer Wine		8.00 Father Brown		9.00 Art Detectives		10.00 New Tricks	
	109 U&ALIBI	7.00 Unforgettable		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Jodie Foster		9.00 Tilda Swinton: The Wildcards			10.15 Denzel Washington...
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake		9.00 DIY SOS: The Big Build			
DOCUMENTARY	125 DISCOVERY	7.00 Truck Dynasty				9.00 Naked and Afraid: Global Showdown			
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Alaska: Surviving the Last Frontier		9.00 Alaska: The Last Frontier		10.00 Mountain Monsters	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Apocalypse: The Rise of Hitler				10.00 Nazi Megastructures	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Britain's Lost Battlefields with Rob Bell		9.00 Royal B**tards: Rise of the Tudors			
	155 U&YESTERDAY	7.00 Dom Chinea's Cornish Workshop		8.00 Bangers & Cash					
	114 SKY DOCS	◂ 6.00 Film: Senna		8.10 I Am Patrick Swayze				10.00 Williams & Mansell: Red 5	

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Fraud Squad** (S)(R)
11.15 **Homes Under the Hammer** New edition From Leeds. (S)(AD)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 LIVE **Wimbledon** Coverage of day four, featuring men's and ladies' second-round singles matches. (S)
6.00 **BBC News**
6.30 **Local News**

• *Alternative schedule* If BBC1 show today's World Cup matches, the schedule will be: **7.00pm EastEnders** (S)(AD) **7.30** LIVE **Football: World Cup** Group H winner v Group J runner-up: The round-of-32 match. Kick-off is at 8.00. (S) **10.15 BBC News** (S) **10.50 Local News** (S) **11.00 How Are You? It's Alan (Partridge)** (S)(R) **11.30** LIVE **Football: World Cup** Group K runner-up v Group L runner-up: The round-of-32 match. Kick-off is at 12.00. (S) **2.30am Weather for the Week Ahead** (S) **2.35 BBC News** (S) **3.45-6.00am** LIVE **Football: World Cup** Group B winner v Group E/F/G/I/J third-placed team: The round-of-32 match. Kick-off is at 4.00. (S)

7 PM

7.00 LIVE **Wimbledon** Concluding coverage of day four of the third Grand Slam tournament of the year, held at the All England Club, featuring men's and ladies' second-round singles matches. Eventual champion Jannik Sinner was last up on Centre Court at this stage 12 months ago, and he claimed a 6-1, 6-1, 6-3 victory over Aleksandar Vukic. (S)
■ *Today at Wimbledon* is on BBC2 at 11.00pm

8 PM

9 PM

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 FILM PREMIERE **Blink Twice** Mystery thriller starring Naomi Ackie and Channing Tatum. Cocktail waitress Frida is invited to join a tech billionaire on a vacation on his private island, but as strange things start to happen, she begins to question what is real and what is not. With Alia Shawkat, Christian Slater and Geena Davis. (S) (AD) (2024, 15, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.15 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.20 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Homes Under the Hammer** A property in Suffolk. (S)(R)(AD)
7.30 **Sign Zone: Gardeners' World** Refreshing borders. (S)(R)(AD)
8.30 **Sign Zone: See Hear – Cafe Conversations** New edition (S)
9.00 **BBC News** (S)
10.15 **Politics Live** (S)
11.00 LIVE **Wimbledon** Coverage of the opening play on day four from the All England Club, as the second-round matches in the singles competitions continue. (S)
3.00 PM LIVE **Wimbledon** Further coverage of the fourth day's play from the All England Club. (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the BBC2 schedule will be: **7.00-10.00pm** LIVE **Wimbledon** Concluding coverage of day four from the All England Club. (S)

10.00 Would I Lie to You?

7.00 **Grand Tours of Scotland's Lochs** Paul Murton travels from Loch Hope to Sandwood Bay. (S)(R)
7.30 **EastEnders** Cindy clashes with Zoe. (S)(AD)
■ This week's episodes will be subject to change
8.00 **The Repair Shop** The experts restore a mandriola that once belonged to folk musician Vin Garbutt, two small rattan chairs from Tanzania, a pilot's cap and a neon pinball machine. (S)(R)(AD)
9.00 **Who Do You Think You Are?** Actor Lesley Manville researches her family tree and on her mother's side uncovers a story of wartime separation, adultery and the inaccessibility of divorce. (S)(R)(AD)
10.00 **Would I Lie to You?** With panellists Chizzy Akudolu, Simon Gregson, Henning Wehn and Michelle Visage. (S)(R)
10.30 **Newsnight**
11.00 **Today at Wimbledon** Highlights of the fourth day's play. (S)
12.00 M'T **Ken Dodd: A Legacy of Happiness** Documentary. (S)(R)
1.45 AM **Sign Zone: See Hear – Cafe Conversations** (S)(R)
2.15 **Sign Zone: Two Weeks in August** 8/8. A deadly wildfire threatens the island. (S1) (S)(R)(AD)
3.00 **Sign Zone: Kevin Bridges: In Search of the Beautiful Game** The state of football. (S)(R)(AD)
4.00 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and the dealers are in the Shropshire town of Telford, where Tony Geering tries to do a deal with some fizz. (S)(R)(AD)
3.00 **Deal or No Deal** (S)(R)(AD)
4.00 **Tipping Point** Game show hosted by Ben Shepherd. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)

• *Alternative schedule* If ITV1 show today's World Cup matches, the schedule will be: **7.15pm** LIVE **Football: World Cup** Group H winner v Group J runner-up: The round-of-32 match. Kick-off is at 8.00. (S) **10.35 ITV News** (S) **11.05 Local News** (S) **11.15** LIVE **Football: World Cup** Group K runner-up v Group L runner-up: The round-of-32 match. Kick-off is at 12.00. (S) **2.35am The Chase** (S)(R) **3.30-6.00am** LIVE **Football: World Cup** Group B winner v Group E/F/G/I/J third-placed team: The round-of-32 match. Kick-off is at 4.00. (S)

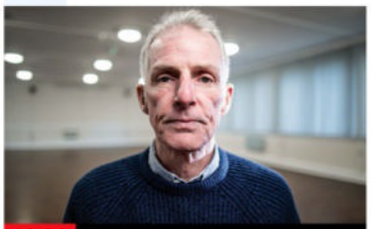
7.15 **Joanna Lumley's Danube** 2/3. The second leg of Joanna's adventure takes her to Slovakia and Hungary. She traces Danube tributaries to the top of the dramatic Tatras mountains, and discovers Budapest's Jewish heritage. (S)(R)(AD)
8.15 **Long Lost Family: False Identities Special** The stories of two men born in Ireland to unmarried mothers at a time when having children outside of marriage was seen as sinful. (S)(R)(AD)
9.15 **Unbelievable Moments Caught on Camera** Footage includes a plane stalling in mid-air while skydivers are clinging to the outside, and the dramatic moment a British skier had to fight for her life in an avalanche. (S)(R)(AD)
10.15 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Bradley & Barney Walsh: Breaking Dad** The duo head to the outback, where they help farmers muster their cattle. (S)(R)(AD)
11.15 **It'll Be Alright on the Night** Compilation of TV clangers, gaffes and fluffed cues, all rescued from the cutting-room floor. (S)(R)(AD)
12.10 AM **Teleshopping** (S)
3.00 **Deal or No Deal: Banker's Best Battles** (S)(SL)(R)
3.30 **Unwind with ITV** (S)
4.45 **James Martin's American Adventure** (S)(R)(AD)
5.10 **to 6.00** AM **Wheel of Fortune** Game show. (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 19-21/27. (S9) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 13-16/24. (S10) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Car S.O.S** (S)(R)(AD)
1.10 **Help! We Bought a Village** (S)(R)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Narrow Escapes** Martin faces his nemesis, the supposedly haunted Harecastle Tunnel. (S)(R)(AD)
5.00 **Chateau DIY** At the Château Mareuil, Belinda and Lee prepare for their first wedding. (S)(R)(AD)
6.00 **Four in a Bed** The final visit is to Northop Hall Country House Hotel in Mold, Flintshire. (S)(R)
6.30 **Come Dine with Me** Student Stance hosts the fourth dinner party from Bristol. (S)(R)


10.00 The Accused: Beyond...

7.00 **News** (S)
8.00 **George Clarke's Remarkable Renovations** George follows Morveth and Abi as they spend two and a half years and their life savings turning a disused electrical substation tower in Cornwall into a unique home. (S)(R)(AD)
9.00 **24 Hours in Police Custody** *A Moment of Madness:* In Luton, a man emerges from a hotel lift covered in blood, claiming to have killed someone. (S)(R)(AD)
10.00 **The Accused: Beyond Reasonable Doubt?** New edition 3/4. Focusing on the case of pregnant woman Paula Gilfoyle, who in June 1992 was found dead her home in the Wirral. (S)(AD)
11.00 **Taylor: A Story of Love** (S)(R)(AD)
12.05 AM **Naked Attraction** (S)(R)(AD)
1.00 FILM **Significant Other** Thriller. (S) (2022, 15, 85min) ★★
2.25 FILM **Shiva Baby** Comedy drama. (S)(AD) (2020, 15, 80min) ★★
3.45 NEW **Iris Prize Best British Shorts** *Bury Your Gays.* (S)(AD)
4.05 **Couples Come Dine with Me** (R)
5.00 **Jamie's One-Pan Wonders** (S)(R)
5.25 **Sunday Brunch** (S)(R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *The Human Factor:* 23/24. Castle investigates how a military robot killed a man. (S)(R)
3.55 **Castle** *Watershed:* 24/24. A woman's body is found in a water tank. (S5) (S)(R)
4.50 **Love Nature** A look at how anybody can grow their own produce and plants. (S)(R)
5.00 **News** (S)
6.00 **Kent: The Garden of England** A tour of Hever Castle, once the home of Henry VIII's second wife, Anne Boleyn. (S)(R)
6.55 **News** (S)

8.00 Cornwall: A Year by the Sea

7.00 **All-Inclusive Holidays: How to Get Your Money's Worth** Consumer expert Alexis Conran investigates all-inclusive holidays. (S)(R)
7.55 **News** (S)

8.00 **Cornwall: A Year by the Sea** New edition Cameras focus on Scarrabine Farm above the cliffs of Port Quin Bay, where a family have farmed cattle and sheep on the land for generations. (S)

9.00 **Riptide** 4/4. Conclusion of the thriller starring Jo Joyner. Dan continues to make inroads into Alison's life. Meanwhile, Hannah vows to find her father and clear his name. (S1) (S)(R)(AD)

10.00 **Aces of Tennis: The ATP No 1 Club** Series finale 4/4. How Roger Federer, Rafael Nadal, and Novak Djokovic dominated tennis, and a look at the fearless new generation that is now rising. (S)

11.05 **World Cup: Uncensored with Piers Morgan** New edition (S)
12.05 AM **Murder 360** (S)(R)
1.00 **Teleshopping** (S)(R)
2.00 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
2.50 **Summer in the Scilly Isles** (R)
3.40 **Friends** (S1) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings**
7.00 **Mornings with Ridge and Frost**
8.00 **Stargate SG-1** (S4) (S)(R)
9.00 **The Flash** 8/13. (S9) (S)(R)
10.00 **Will & Grace** (S8) (S)(R)(AD)
11.00 **The Simpsons** (S)(R)
12.00 NOON **Wildlife ER** (S)(R)
1.00 PM **Hawaii Five-0** (S5) (S)(R)
3.00 **S.W.A.T.** (S6) (S)(R)(AD)
5.00 **The Simpsons** *Bart's Friend Falls in Love:* Milhouse falls for a new girl at school. (S)(R) **5.30** *Separate Vocations:* Lisa falls in with a bad crowd while perennial troublemaker Bart finds a new respect for law and order. (S)(R)
6.00 **The F1 Show** A look ahead to the weekend's British Grand Prix, the ninth round of the season, held at Silverstone.

9.00 From

7.00 **The Simpsons** *Sleeping with the Enemy:* Lisa is teased mercilessly by her classmates for having a weight problem. (S)(R) **7.30** *Fat Man and Little Boy:* Bart creates a range of novelty T-shirts. (S)(R)

8.00 **Whale with Steve Backshall** Steve freedives with whales and dolphins, getting closer than ever before to record rarely seen behaviours from these extraordinary mammals. (S)(R)(AD)

9.00 **From** Series finale *If a Tree Falls in a Forest:* 10/10. Boyd's quest to lead the residents home reaches a terrifying crossroads, and nothing will be the same again. (S4) (S)

10.00 **FILM Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy and Judge Reinhold. Street-smart Detroit cop Axel Foley discovers that an LA theme park is a front for a counterfeiting gang. (S) (1994, 15, 120min) ★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.00 M'T **Evil** 6/10. A single mother enlists the team to look into a viral social app that is terrorising her family. (S3) (S)(R)
1.00 AM **Grimm** 4/22. A wealthy mobster sends three young men on a quest. (S5) (S)(R)
2.00 NEW **Al Murray: All You Need Is Guv** Stand-up show from the Soho Theatre Walthamstow. (S)
3.00 **Hawaii Five-0** (S4) (S)(R)
4.00 **to 6.00** AM **S.W.A.T.** (S)(R)(AD)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.40pm River City (S)(AD) **11.10** FILM PREMIERE Blink Twice (S)(AD) (2024, 15, 95min) ★★★★ **12.45am** Weather for the Week Ahead (S) **12.50-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
7.00-7.30pm Scrum V: The Warm Up (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Gwladfa: Gwilym Bowen Rhys **12.30** Heno **1.00** Pysgod i Bawb **1.30** Y Byd ar Bedwar **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Canu gyda Fy Arwr **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dim Cwsg i Quinnell (AD) **6.30** Rafio+ **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** LIVE Clwb Rygbi Rhyngwladol – Dan 20 **10.45** 3 Lle **11.15-11.45pm** Pa Fath o Bobl – Sy'n Dilyn y Gêm Genedlaethol?

TV&Streaming week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Deadly 60** Steve Backshall examines yellow-fin tuna.
7.30 **EastEnders** Bea's behaviour leaves Honey concerned, and Walford celebrates Pride.
8.00 **Top Gear** The trio shop for second-hand convertibles, uncovering the pitfalls to avoid when buying a used car.
9.00 **The Traitors US** New editions 7/10. A bloody banquet shakes the whole castle. Trust between the Traitors wears thin and the mission grants one player great power. Alliances are tested at the Round Table. **10.10** 8/10. A murder shakes the castle, and heated conversation makes for a tense Round Table.
11.10 FILM **Me Before You** Romantic drama with Emilia Clarke and Sam Claflin. (2016, 12, 106min) ★★★
12.55 AM **Top Gear** As 8.00pm.
1.55 **Blackmailed: The Sextortion Killers**
2.55 **to 3.55** AM **Fake Friend: The Ticket Scammer**

BBC4

116 119 107/108 9/24 106/108 108 11

BBC4 programmes start at 7.00pm

7.00 PM **University Challenge** The second semi-final.
7.30 **Only Connect** The first of the semi-finals.
8.00 FILM **The Railway Children** Vintage family drama starring Dinah Sheridan, Jenny Agutter and Bernard Cribbins. Three children experience village life in Yorkshire after their father is wrongly arrested. (1970, U, 108min) ★★★★★
9.45 **Big Screen Britain: The Railway Children** Locations used in classic film *The Railway Children*.
10.00 FILM **Close Encounters of the Third Kind** Steven Spielberg's sci-fi classic starring Richard Dreyfuss as a man who witnesses UFOs over Indiana and embarks on an obsessive quest to make sense of his experience. With Teri Garr. (1977, PG, 135min) ★★★★★
12.15 AM **Only Connect**
12.45 **to 2.55** AM **The Great American Songbook with Samara Joy**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Manchester.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Ugly House to Lovely House with George Clarke** Architect Chris Dyson helps Wendy and Allan in Colchester, who are desperate to transform their dated 1960s home into something more modern.
6.55 **Location, Location, Location** Kirstie and Phil catch up with couples in Harrow and Glasgow.
7.55 **PopMaster TV** Five pop music aficionados take part in the Grand Final.
9.00 **Lorraine Kelly's Norwegian Odyssey** 3/3. In Norway, Lorraine heads to sea on a 100-year-old fishing boat on a mission to catch cod and later fulfils a life-long dream of seeing the Northern Lights.
10.00 **24 Hours in A&E** Doctors treat a cyclist who collided with a stampede of deer.
11.05 **24 Hours in A&E** A man who has already had one arm amputated cuts his hand while cooking.
12.10 AM **999: On the Front Line**
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **The Perfect Pitch**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.50 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** From Cornwall.
8.00 **Ramsay's 24 Hours to Hell and Back** Double bill.
10.00 **Below Deck: Mediterranean**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons** Four episodes of the animation.
7.00 **The Simpsons** *Bart-Mangled Banner:* The family are sent to Alcatraz when Bart moons the US flag. **7.30** *Dangers on a Train:* Marge feels neglected by Homer and chats to another man over the internet.
8.00 NEW SERIES **Below Deck** There is a chaotic start to the season for Captain Kerry.
9.00 **Gogglebox** Opinions on *Line of Duty, Teen First Dates* and *Flight Attendant*.
10.00 **Gogglebox** Opinions on *Line of Duty* and *Ant & Dec's Saturday Night Takeaway*.
11.05 **Open House: The Great Sex Experiment**
12.10 AM **Gogglebox**
2.15 **Below Deck**
3.00 **Abbott Elementary**
3.30 **The Simpsons**
3.55 **Brooklyn Nine-Nine**
4.45 **to 6.00** AM **Ramsay's 24 Hours to Hell and Back**

+1 hr 235/236 306 30 123 256

Thursday primetime primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Brit Cops: Law & Disorder**
11.00 **Chicago Fire** 20/22. (S13)
12.00 NOON **FBI** 18&19/22. (S7)
2.00 PM **The Rookie** 3/22. The team search for a sniper. (S4)
3.00 **Law & Order: Criminal Intent** 12/22. Logan enlists the help of Megan Wheeler when an arrogant gossip columnist is found murdered. (S7)
4.00 **Nothing to Declare**

9.00 FBI

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **The Rookie** *Standoff:* 9/20. Officer Bradford sets out to find the man who shot his wife. (S1)

9 PM
9.00 **FBI** Series finale *Defector:* 22/22. The theft of a bioweapon forces the team to work with an old foe. (S8)

10 PM
10.00 **The Rookie** *Triple Duty:* 13/14. Nolan and Bradford try to de-escalate a drug war before any innocent lives are lost. (S3)
11.00 **The Rookie** 14/14. Nolan chases after a shoplifter. (S3)
12.00 M'T **FBI** 14&15/22. (S7)
2.00 AM **Law & Order: Criminal Intent** 11/22. (S2)
3.00 **Road Wars**
4.00 **UK Border Force**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Homicide: Life on the Street**
10.00 **Hacks** 10/10. (S5)
11.00 **House of the Dragon** (S2)
12.15 PM **Deadwood** 1&2/12. (S1)
2.20 **Django** 6/10. (S1)
3.15 **House of the Dragon** (S2)
4.30 **Gomorrah** 1/12. A power vacuum takes hold. Subtitled. **5.30** 2/12. Genny involves Gegè, his accountant, in his dirty businesses. (S3)
6.30 **Dune: Prophecy** 5/6. Desmond goes on a warpath to root out the insurgents. (S1)

9.00 Under Salt Marsh

7.35 **Dune: Prophecy** *The High-Handed Enemy:* 6/6. As Tula contends with the stunning revelation of Desmond's true identity, the acolytes uncover a secret about the Sisterhood. (S1)

9.00 **Under Salt Marsh** 4/6. Jackie struggles after her estranged sister returns and reignites years of guilt and betrayal. (S1)

10.05 **DTF St Louis** *Snag It:* 2/7. Detectives Homer and Plumb dig deeper into Clark and Carol's relationship. (S1)
11.10 **The Penguin** 1/8. Oz Cobb attempts to legitimise himself in Gotham's underworld. (S1)
12.25 AM **Hacks** 10/10. (S5)
1.25 **Dune: Prophecy** (S1)
2.30 **Homicide: Life on the Street**
4.30 **Sort Of** 1/8. (S1)
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.15 **Dress to Impress**
8.15 **Celebrity Homes**
9.15 **The Only Way Is Essex**
10.10 **Real Housewives of Salt...**
11.05 **Real Housewives of Orange...**
12.00 NOON **Dinner Date**
1.00 PM **Supermarket Sweep**
2.00 **The Floor USA**
2.55 **The Only Way Is Essex**
3.55 **Real Housewives of Salt Lake City** Reality series.
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

10.35 Family Guy

7.00 **The Floor USA** New edition Contestants test their knowledge of Halloween movies and extreme sports.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

9.00 **Love Island** New edition Reality show in which singletons seeking a romance compete in the hope of finding love.

10.05 **Love Island: The Debrief** New edition Hosted by Shakira Khan, Toni Laites and Yasmin Pettet.
10.35 **Family Guy** 16/30. Lois tells Peter to bond with Stewie. (S4)
11.05 **Family Guy** 18/22. (S3)
11.35 **American Dad!** (S3)
12.35 AM **Bob's Burgers** (S13)
1.30 **Botched** Reality series.
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.10 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *A Dying Art:* The launch of a new sculpture park is marred by murder.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *The Good Doctor:* Maggie falls for a handsome new locum and Andy's bravery reconciles him with Gina.

11.50 A Touch of Frost

6.55 **Heartbeat** *Against the Odds:* Greengrass embarks on a new career as a racehorse trainer.

8.00 **Vera** *Prodigal Son:* A crime of passion is suspected when a former policeman is stabbed to death, but Vera uncovers a more complex case involving the hostile takeover of a brewery. Guest stars Jill Halfpenny and Christine Bottomley.

10.00 **Law & Order: UK** *Line Up:* 5/7. The team investigate internet footage of a teenager being murdered. (S6)
11.00 **Law & Order: UK** *Dawn Till Dusk:* 6/7. The team juggle three cases in a day. (S6)
11.50 **A Touch of Frost** *If Dogs Run Free – Part One:* David Jason takes on his last-ever case.
1.50 AM **George and Mildred**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.00 **Dempsey and Makepeace**
10.10 **The Champions**
11.15 **BattleBots**
12.20 PM **Magnum, PI**
2.35 **Dempsey and Makepeace**
3.45 **Boon**
4.50 **The Champions** *The Dark Island:* Craig, Richard and Sharron investigate the disappearance of three Nemesis agents on an island.
5.55 **Minder** *Bring Me the Head of Arthur Daley:* Arthur is framed for crimes he did not commit.

9.00 Who Wants to Be a...

7.00 **American Pickers** Mike and Frank discover a train station full of vintage cars, and make some surprising finds in an old barn.

8.00 **Ice Road Truckers** A trucker's son embarks on a dangerous journey to scatter his father's ashes on Atigun.

9.00 **Who Wants to Be a Millionaire? Celebrity Special** Stephen Fry and Jeanette Kwakye try to win big money for charity.

10.00 **The Motorbike Show** Henry Cole joins the White Helmets display team and visits a bike show in Stafford.
11.00 **Berlin Station** New episode 8/10. Daniel and Hector are hunted by Vassily Krik. (S3)
12.00 M'T **Hell's Kitchen**
1.00 AM **Minder**
1.50 **The Champions**
2.45 **Unwind with ITV**
3.30 **to 4.00** AM **Auto Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Grand Tours of Scotland's Rivers** The South Esk.
8.00 **Beechgrove Garden** New edition Lizzie Schofield and Brian Cunningham start work on some new projects.
8.30 **Scotland's Greatest Escape** JJ Chalmers and Grado visit unforgettable getaways in Scotland.
9.00 **The Hunt for Peter Tobin** 1/2. The sex offender sentenced to life imprisonment for three murders. **10.00** 2/2. Efforts by detectives to analyse Peter Tobin's past.
11.00 **Scot Squad** 2/5. Singh and McKirdy extinguish a dangerous inferno. (S3)
11.30 PM **to 12.00** M'T **Janey and Ashley Get a Real Job**

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Breeders** 7&8/10. (S1)
10.00 **Upright** 7&8/8. (S2)
11.15 **Will & Grace** (S5)
12.15 PM **Avenue 5** (S1)
1.30 **Upright** 7&8/8. (S2)
2.50 **Will & Grace** (S4)
3.50 **The Rehearsal** (S2)
5.00 **Community** (S4)
6.00 **Will & Grace** (S5)
7.00 **The Office (US)** (S2)
8.00 **Breeders** 7/10. Luke is charged with taking class bear Lenny on an adventure. **8.30** 8/10. Paul's tries to focus on the wedding are constantly thwarted by his family. (S1)
9.00 **Alan Carr: Regional Trinket** A stand-up show by the comedian.
10.00 **Last Week Tonight with John Oliver** Talk show.
10.45 **I Love LA** 6&7/8. (S1)
12.05 AM **Breeders** (S1)
1.05 **Community** (S4)
2.05 **Avenue 5** 1&2/9. (S1)
3.25 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36 143 24 350 365

6.00 AM **LSO: Rattle Conducts Sibelius & Bruckner**
7.45 **Watercolour Challenge**
8.45 **Tales of the Unexpected**
9.55 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **From the Vaults**
4.00 **Discovering**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 NEW **Tilda Swinton: The Wildcards**
10.15 NEW **Denzel Washington: American Icon** Profile of the actor.
11.30 **The Ghost of Richard Harris** Documentary.
1.50 AM **The Unstoppable Shirley MacLaine**
3.05 **Hammer: Heroes, Legends and Monsters**
5.00 **to 6.00** AM **Classic Movies**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: America's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 1/26. (S5)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: The Next Generation** 3/26. (S4)
8.00 **Police 24/7**
9.00 **The Essex Murders: Who Killed Goldfinger?**
10.00 **Britain's Most Evil Killers** The murder of Jane Longhurst.
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S4)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Beat the Chasers**
4.00 **Ridiculous** Quiz show.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Dennis takes on the Banker.
6.00 **Lingo** With contestants from Birmingham, Surrey and Manchester. **7.00** Contestants from Manchester, London and Sandbach take part. **8.00** Siblings-in-law, workmates and friends take part in the quiz.
9.00 **Beat the Chasers** Bradley Walsh hosts as more hopefuls take on all of the Chasers.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Ridiculous** Quiz show.
2.40 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **The Dog House**
8.00 **Dover 24/7: Britain's Busiest Port** Officers chase a man spotted jumping out of a lorry.
9.00 **24 Hours in A&E** A patient's leg is crushed by a lorry.
10.00 **First Dates** A warm-hearted widow hopes to find laughter – and maybe love – again.
11.05 **Secrets of Celebrity Sex Tapes**
12.05 AM FILM **Monster Hunter** Fantasy starring Milla Jovovich. (2020, 12, 103min) ★★★
2.05 **Gogglebox**
3.05 **Celebrity Gogglebox**
4.05 **to 5.05** AM **George Clarke's Remarkable Renovations**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 **FILM Arctic Armageddon** Sci-fi action thriller. (2023, PG, 86min) ★★
4.00 **Stargate SG-1** As 8.00pm.
5.00 **Star Trek: Voyager** 19/26. Chakotay becomes convinced he is a legendary boxer. (S5)
6.00 **Star Trek: Enterprise** 16/26. The crew find a human corpse on a deserted craft. (S2)

2.00 Arctic Armageddon

7.00 **Stargate Atlantis** *Misbegotten:* 2/20. The team set up a PoW camp for former Wraiths. (S3)
8.00 **Stargate SG-1** *Prophecy:* 21/22. Sam's future is ominously predicted when Jonas's clairvoyant abilities are unearthed. (S6)
9.00 **Small Town, Big Story** *The Pen Is Mighty:* 5/6. Wendy handles a legal crisis stemming from Jack E McCarthy. (S1)
10.00 **Grimm** *Iron Hans:* 19/22. Nick and Hank discover the murder of a hitchhiker is linked to a Wesen rite of passage. (S4)
11.00 **The Walking Dead** 3/16. Glenn and Michonne try to lead the survivors back to Alexandria, but the huge, roaming herd of walkers is hot on their tails. (S6)
12.00 M'T **Primeval** 5&6/6. (S5)
2.00 AM **The Walking Dead** (S6)
3.00 **Small Town, Big Story** (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S4)
9.00 **Father Brown** As 6.00pm
10.00 **The Mentalist** 14/24. (S4)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Unforgettable** (S3)
1.00 PM **Death in Paradise** (S9)
2.00 **Murdoch Mysteries** (S4)
4.00 **The Mentalist** 14/24. (S4)
5.00 **Hudson & Rex** 7/20. Two killers escape from St. John's women's penitentiary. (S5)
6.00 **Father Brown** *The Invisible Man:* The circus brings death to Kembleford when a clown is found murdered.

7.00 Unforgettable

7.00 **Unforgettable** *Throwing Shade:* 7/13. Eliot is forced to confront his past when one of his oldest friends is killed. (S3)
8.00 **Death in Paradise** *Tour de Murder:* 3/8. The team investigate when a cyclist is murdered during the Tour des Antilles race. (S9)
9.00 **Death in Paradise** *The Complex Murder:* 1/8. A millionaire environmentalist is shot dead on his boat. (S5)
10.00 **Father Brown** *The Queen Bee:* The sleuthing priest investigates the death of a beekeeper. Guest stars Nigel Planer.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Death in Paradise** (S9)
1.00 AM **Hudson & Rex** (S5)
2.00 **Murdoch Mysteries** 2/13. Murdoch investigates the deaths of several soldiers. (S4)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.30 AM **Highlights**
8.40 **The Green Green Grass**
9.20 **Are You Being Served?**
10.00 **Last of the Summer Wine**
11.20 **Red Dwarf**
12.40 PM **Keeping Up Appearances**
1.20 **Dad's Army**
2.00 **Open All Hours**
2.40 **The Green Green Grass**
3.20 **Are You Being Served?**
4.00 **Dad's Army**
4.40 **Keeping Up Appearances**
5.20 **Last of the Summer Wine**
6.40 **Red Dwarf**

10.00 Red Dwarf

7.20 **Red Dwarf** Kryten takes revenge for Lister's dodgy advice on female biology by hiding a stash of hooch in the Dwarfers' cell.
8.00 **Keeping Up Appearances** Hyacinth's wealthy acquaintance asks for a lift into town.
8.40 **Dad's Army** The Home Guard heroes repaint Lady Maltby's Rolls-Royce.
9.20 **Not Going Out** Lee poses as Lucy's husband at a trade conference.
10.00 **Red Dwarf: The Promised Land** Feature-length episode. Lister helps three cat clerics who worship him.
12.00 M'T **Mrs Brown's Boys** Agnes fears her family are planning to send her to a nursing home. **12.40** AM Agnes falls under the spell of a hypnotist.
1.20 **Not Going Out**
2.00 **Mrs Brown's Boys**
2.45 **to 4.00** AM **The Outlaws**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Gadget Man**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's India** Double bill.
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **The Americas with Simon Reeve** The adventurer travels down the Rocky Mountains from Montana to Colorado.
4.00 **Hairy Bikers Everyday Gourmets** A restaurant-quality meal on a tight budget.
5.00 **Rick Stein's India** Double bill.

3.00 The Americas

7.00 **Mortimer & Whitehouse: Gone Fishing** The duo fish for wild carp in Wales.
7.40 **Would I Lie to You?** With Tom Allen, Sarah Greene, Ugo Monye and Morgana Robinson. **8.20** Host Rob Brydon introduces unseen material from the show.
9.00 **QI XL** Aisling Bea, Urzila Carlson and Romesh Ranganathan join regular panellist Alan Davies and host Sandi Toksvig.
10.00 **Have I Got a Bit More News for You** Clive Myrie hosts the current affairs quiz, with Helen Lewis and Munya Chawawa.
11.00 **8 Out of 10 Cats** With Angela Scanlon, Joe Swash, Jamali Maddix and Maisie Adam.
12.00 M'T **Mock the Week** With Josh Widdicombe and Milton Jones.
12.40 AM **Would I Lie to You?**
2.00 **QI XL** With Nabil Abdulrashid.
3.00 **to 4.00** AM **8 Out of 10 Cats**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.20 AM **The Bill**
8.15 **Doctors**
9.35 **Classic Holby City**
10.55 **Casualty**
12.00 NOON **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Tenko**
3.20 **Pie in the Sky**
4.20 **Lovejoy**
5.20 **Waiting for God**
6.00 **Last of the Summer Wine** Chaos abounds at an annual parade to celebrate a famous battle. With Norman Wisdom. **6.40** Lionel abandons his wife.

9.00 Art Detectives

7.20 **Last of the Summer Wine** Billy celebrates his ancestor Robin Hood's birthday by proudly wearing a green suit.
8.00 **Father Brown** *The Fall of the House of St Gardner:* A columnist is murdered after threatening to expose a fashion house's secret.
9.00 **Art Detectives** *Final Bid:* 6/6. Mick and Shazia investigate the theft of a rare Chinese vase from a locked vault. (S1)
10.00 **New Tricks** *Breadcrumbs:* An elderly amateur sleuth who was a friend of Danny's is found murdered.
11.20 **Silent Witness** *Legacy:* The discovery of a teenager's remains halts an eco-housing project, while Leo is caught up in a dangerous hospital siege.
1.40 AM **Lovejoy**
2.40 **Waiting for God**
3.10 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

Thursday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 7-9/16. (S18)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *False Start:* 6/21. The officers investigate the death of an athletics trainer. **7.00** *Docked:* 7/21. The officers investigate the death of a man onboard a cruise ship. **8.00** *Peacekeeper:* 8/21. A navy reservist's body is found in a car. (S19)
9.00 **Blue Bloods** *For Whom the Bell Tolls:* 9/16. Baez finds a corpse in her front yard. (S11)
10.00 **Law & Order: Special Victims Unit** *Dirty:* 14/24. An assistant district attorney falls to her death. (S12)
11.00 **Law & Order: Special Victims Unit** (S12)
1.50 AM **NCIS: Hawaii** (S3)
2.45 **Bull** 14/20. (S4)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** A woman is admitted with a heart condition.
9.00 **A&E After Dark** A semi-pro boxer may have a bleed in the skull.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E**
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Skin A&E**
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
9.20 **Police Interceptors**
11.20 **FILM Red River** Western. (1948, b/w, U, 133min) ★★★★★
2.05 PM **FILM Valdez is Coming** Western starring Burt Lancaster. (1970, 15, 86min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Officers pursue a group of youths riding off-road.
9.00 **Rookie Truckers** New edition Ray battles to keep his truck alive on the red-dirt roads of Far North Queensland.
10.00 **Ice Road Truckers**
11.00 **The X-Files** 11/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Antiques Road Trip**
3.00 **Tipping Point**
4.00 **The Supervet: Noel Fitzpatrick** Double bill.
6.00 **DIY SOS: The Big Build** Nick Knowles and the team renovate a home that has been the site of two separate tragedies. **7.00** Enlarging the home of three orphaned boys living with their grandparents in Cornwall.
8.00 **Pete Wicks: For Dogs' Sake** Pete meets Belgium Malinois puppies that are training to be service dogs.
9.00 **DIY SOS: The Big Build**
11.00 **Antiques Road Trip**
1.00 AM **Ambulance Australia** Documentary.
2.00 **to 3.00** AM **Aaron Hernandez Uncovered**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash**
10.00 **The World at War**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **The World at War**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Dom Chinea's Cornish Workshop**
8.00 **Bangers & Cash** A Ford enthusiast is thinning out his collection of Escorts. **9.00** Derek collects a rare Aston Martin DB6. **10.00** Paul collects a former navy ambulance. **11.00** Dave picks up a 1984 Manta GTE. **12.00** M'T The team view a Vanden Plas Princess.
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Sicily.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: What Happened Next**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** Angus Ashworth unearths some ancient Greek and Roman artefacts in Derbyshire.
8.00 **Antiques Road Trip** Christina Trevanion and Paul Laidlaw visit Gloucestershire and Northamptonshire.
9.00 **The Bad Skin Clinic**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

THURSDAY Entertainment

Thursday

Great! TV
157 167 170 34 32

8.00 AM **The Waltons** (S2)
9.00 **Highway to Heaven**
11.00 **Little House on the Prairie** 11 & 12/22. (S9)
1.00 PM **The Waltons** (S3)
4.00 **Little House on the Prairie** 13&14/22. (S9)
6.00 **Ballykissangel** 1/8. (S6)
7.00 **M*A*S*H** 23/25. Potter campaigns against booby-trapped souvenirs. **7.30** 24/25. The 4077th give everything to help a deluge of casulaties. **8.00** 25/25. Hot Lips names the day of her wedding to Donald. (S5) **8.30** 1/25. Part one of two. Margaret sets off on her honeymoon. (S6)
9.00 **The Ruth Rendell Mysteries** 3&1/8. (S3)
11.20 **M*A*S*H** (S5&6)
1.20 AM **Rising Damp** (S3)
2.00 **Air Rescue** Double bill.
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action
318 317 426 42 33

9.10 AM **FILM Hellgate** Western drama. (1952, b/w, PG, 87min) ★★
11.00 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM **FILM Wing and a Prayer** Drama. (1943, b/w, PG, 93min) ★★★
4.10 **FILM Absolute Zero** Disaster thriller. (2005, 12, 87min) ★
6.05 **FILM Shadow Wolves** Drama. (2019, 15) ★★
8.00 **FILM Battle for the Skies** War drama with Nicholas Van Der Bijl. (2013, 15, 98min) ★★
10.10 **FILM Hamburger Hill** War drama starring Anthony Barrile. (1987, 18, 108min) ★★★★
12.30 AM **Dragon Ball Super**
1.30 **Coast Guard Alaska**
3.25 **FILM Collision Course** Action thriller. (2012, PG, 90min) ★★
4.50 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery
320 318 425 50 48

8.10 AM **FILM Garage Sale Mysteries: All That Glitters** Crime drama. (2014, PG, 87min) ★★
10.05 **FILM Chronicle Mysteries** Drama. (2021, PG, 85min) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S2)
2.00 **Castle** 16/24. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 17/24. (S3)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** 11/15. (S2)
10.00 **FILM Mystery 101: Dead Talk** Crime thriller. (2019, PG, 88min) ★★
11.55 **FILM Garage Sale Mysteries: Murder By Text** Crime drama. (2017, PG, 90min) ★★
1.50 AM **FILM Snatched from Mommy** Thriller. (2021, PG, 85min) ★★
3.20 **to 5.00** AM **FILM A Lover Betrayed** Thriller. (2017, 12, 90min) ★★

+1 hour 321

Great! Romance
322 319 424 52 47

8.10 AM **FILM A Christmas to Cherish** (2019) ★★
10.05 **FILM A Song for Christmas** (2017) ★★
12.00 NOON **FILM Twinkle All the Way** Festive drama. (2019, PG, 87min) ★★
2.00 PM **FILM A Bramble House Christmas** Drama. (2017, PG, 84min) ★★
3.55 **FILM A Majestic Christmas** Drama. (2018, PG, 87min) ★★
5.45 **FILM Memories of Christmas** Drama. (2018, PG, 90min) ★★
7.40 **FILM Maggie's Christmas Miracle** Drama. (2017, U) ★★
9.40 **FILM The Christmas Swap** Festive comedy. (2016, PG, 90min) ★★
11.45 **FILM Hearts of Christmas** (2016) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM A Bramble House Christmas** As 2.00pm.

+1 hour 323

Together TV
170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM **Hello Campers**
2.00 **Love Your Garden**
3.00 **New Home DIY**
4.00 **The Greatest Auction**
5.00 **Hello Campers**
6.00 **Love Your Garden**
7.00 **Highclere: The Real Downton Abbey**
8.00 **Garden Rescue** Lee Burkhill and Chris Hull help out a couple with differing ideas. **9.00** Charlie Dimmock and Chris Hull transform Linda's garden full of weeds and cobble.
10.00 **FILM The Sex Thief** Riotous comedy starring David Warbeck. (1973, 18, 90min) ★★
12.00 M'T **FILM Adventures of a Taxi Driver** Comedy. (1976, 18, 86min) ★
2.00 AM **FILM House of Whipcord** Horror. (1974, 18, 101min) ★★
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV
182 81 164 141

6.00 AM **Highlights**
10.00 **Doctor at Large**
10.30 **Two's Company**
11.00 **The Fenn Street Gang**
11.30 **The Dustbinmen** (S3)
12.00 NOON **Randall and Hopkirk (Deceased)**
1.00 PM **Hallelujah** (S2)
1.30 **The Gaffer** (S1)
2.00 **Second Thoughts** (S1)
2.30 **The Fenn Street Gang**
3.00 **Hank the Cowboy**
3.15 **Boon** 5/13. (S4)
4.20 **Further Out of Town**
5.00 **Stereo Underground**
6.00 **The Gaffer** 6/6. (S1)
6.30 **Only When I Laugh**
7.00 **Two's Company** (S4)
7.30 **Doctor at Large**
8.00 **Randall and Hopkirk...**
9.00 **Drop the Dead Donkey**
10.00 **FILM Come Play with Me** (1977, 18) ★★
12.00 M'T **FILM Mardi Gras Massacre** Horror. (1978, 18, 97min) ★★
2.00 AM **Stereo Underground**
2.55 **to 6.00** AM **Highlights**

DMAX
159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Treasure Quest: Snake Island**
1.00 PM **Expedition Unknown** Double bill.
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Josh and Casey approach the ice edge while braving an Aleutian storm. **8.00** The *Cornelia Marie* crashes into the ice pack.
9.00 **Expedition X** Heather and Phil head to Tennessee's Brushy Mountain Penitentiary.
10.00 **Expedition Files**
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network
144 152 168 43 148 39

6.00 AM **Prue Leith's Cotswold Kitchen**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin's French Adventure**
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **Michel Roux's French Country Cooking** From the south of France.
10.00 **Nigel Slater's Simple Suppers** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 7/28. (S1)
9.00 **T.J. Hooker** 2/19. (S5)
10.00 **Babylon 5** 17/23. (S1)
11.00 **FILM Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
1.00 PM **FILM The Scarlet Blade** Adventure. (1963, U, 83min) ★★
2.45 **FILM Bullet to Beijing** Espionage thriller sequel. (1995, 15, 101min) ★★
5.00 **Star Trek** 9/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 18/23. (S1)
8.00 **Walker, Texas Ranger**
9.00 **FILM Zero Dark Thirty** Kathryn Bigelow's fact-based drama starring Jessica Chastain. (2012, 15, 157min) ★★★★★
12.10 AM **FILM Who Dares Wins** Action thriller. (1982, 18, 124min) ★
2.40 **to 4.45** AM **FILM Pandorum** Futurist sci-fi horror thriller. (2009, 15, 108min) ★★★

Legend Xtra
316 316 171 69 138 51

9.00 AM **FILM Battle Star Wars** Sci-fi drama. (2020, 12, 86min) ★
11.00 **Andromeda** 10/22. (S3)
12.00 NOON **FILM Dark Storm** Sci-fi thriller. (2006, 15, 89min) ★★
2.00 PM **FILM The 7 Adventures of Sinbad** Fantasy adventure. (2010, PG, 90min) ★★
4.00 **Walker, Texas Ranger**
5.00 **FILM Monster Hunters** Sci-fi action thriller. (2020, 15, 88min) ★
7.00 **Andromeda** 11/22. (S3)
8.00 **The A-Team** 6/23. (S2)
9.00 **FILM Reprisal** Thriller starring Frank Grillo. (2018, 15, 91min) ★★
10.50 **FILM The Fighter** Oscar-winning drama starring Mark Wahlberg and Amy Adams. (2010, 15, 116min) ★★★★
1.20 AM **FILM Reprisal**
3.15 **FILM Monster Hunters**
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze
156 169 174 64 161 41

6.00 AM **Alien Files Reopened** Four editions.
9.30 **Ancient Aliens**
11.20 **UFO Chronicles**
12.50 PM **Accidental Truth – UFO Revelations**
2.45 **Close Encounters**
4.45 **UFOs: Secret Missions Exposed**
5.40 **Close Encounters Down Under**
7.40 **Top 25 Alien Encounters: UFO Case Files Exposed**
9.00 **NEW SERIES We Are Not Alone** Focusing on people who have witnessed unidentified beings and unexplained phenomena first hand amid a surge in global fascination with extraterrestrial life.
10.00 **Alien Abductions: Answers** Documentary.
12.00 M'T **Monster Aliens**
2.00 AM **UFOs Declassified**
4.35 **to 6.00** AM **UFO Chronicles**

5SELECT
153 166 138 46 133 30

9.00 AM **Dogs Behaving (Very) Badly**
10.00 **Into Death Valley with Nick Knowles**
11.00 **Ben Fogle: New Lives in the Wild** Rathlin.
12.00 NOON **All Creatures Great and Small** (S1)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **America in Colour: The 1940s** Pearl Harbor.
6.00 **Secrets of Our Universe with Tim Peake**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **PD James: An Unsuitable Job for a Woman** *A Last Embrace – Part One.*
10.05 **The Good Ship Murder**
11.05 **Prisoner: Cell Block H**
1.10 AM **Dogs Behaving (Very) Badly**
2.10 **Amazing Railway Adventures with Nick Knowles** Peru.
3.10 **to 4.00** AM **America in Colour: The 1940s**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **The Chase Celebrity Special** With Hannah Mills, Chris Ramsey, Dion Dublin and Lesley Garrett.
8.00 **The Chase** Double bill.
10.00 **The Chase: I'm a Celebrity Special**
11.00 **Bullseye** Double bill.
12.00 M'T **Classic Who Wants to Be a Millionaire?**
1.00 AM **The Chase** Quiz.
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC
133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory**
9.00 **Unacceptable First Look** Panel show hosted by Ed Gamble.
9.15 **FILM No Strings Attached** Romantic comedy starring Natalie Portman and Ashton Kutcher. A man and a woman agree to have a sex-only relationship, but his growing feelings for her get in the way. (2011, 15, 108min) ★★
11.15 **Dr Pimple Popper**
12.15 AM **Mike & Molly**
1.15 **Dr Pimple Popper**
2.15 **My 600lb Life**
4.15 **to 6.00** AM **Say Yes to the Dress**

+1 hr 233/234 313/328 99

Comedy Central
112/113 135 132 345 360

8.00 AM **Michael McIntyre's Big Show** 8/8. (S4)
9.00 **Everybody Loves Raymond** (S8)
11.00 **The Upper Hand**
1.00 PM **Friends** (S2)
8.00 **Friends** 15/24. Monica falls for an old friend. **8.30** 16/24. Joey decides to move out. (S2)
9.00 **Iain Stirling's Roast the Internet** With Babatunde Aléshé, Guz Khan, Lara Ricote and Lou Wall.
10.00 **Stupid Central** Babatunde Aléshé presents comical clips from the internet. **10.30** Featuring badly behaved dogs and door-cam disasters.
11.00 **Whose Line Is It Anyway? USA**
12.30 AM **Most Ridiculous**
1.30 **South Park**
3.30 **Kerry Godliman: Bandwidth** Stand-up.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154

6.00 AM **Everybody Loves Raymond** (S8)
6.45 **The Comedy Central Chart Show**
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends**
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers**
5.00 **Everybody Loves Raymond** (S8)
7.00 **Michael McIntyre's Big Show** With Bryan Adams and Jess Glynne.
8.00 **The Upper Hand** (S1)
9.00 **Friends**
1.00 AM **8 Out of 10 Cats**
1.50 **Michael McIntyre's Big Show** As 7.00pm.
2.50 **Most Ridiculous**
3.40 **New Girl** (S4)
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV
171 150 56 42

8.00 AM **Highlights**
10.15 **Bread** 6/14. (S5)
10.50 **Steptoe and Son** (S6)
11.30 **Oh, Doctor Beeching!**
12.05 PM **Rising Damp** (S2)
12.40 **Man About the House**
1.10 **Goodnight Sweetheart**
1.45 **When the Boat Comes In** 12/13. Drama. (S2)
2.45 **Minder** 7/13. (S2)
3.50 **Just Good Friends**
4.25 **Man About the House**
4.55 **Bread** 6/14. (S5)
5.30 **Birds of a Feather** (S11)
6.00 **That's 60s**
6.05 **Rising Damp** 5/8. (S2)
6.40 **Steptoe and Son** (S6)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 11/13. (S8)
9.00 **Benidorm** 5/7. (S3)
9.55 **Shameless** 1/8. (S3)
11.20 **Man About the House**
11.50 **Mind Your Language**
12.20 AM **Benidorm** 5/7. (S3)
1.20 **Minder** 7/13. (S2)
2.15 **Duty Free** 2/7. (S3)
2.40 **to 5.00** AM **Highlights**

MTV
126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Judge Judy** Real-life small-claims cases.
6.00 **Help! I'm in a Secret Relationship!**
7.00 **Beauty and the Geek Australia** The beauties and geeks pair up on the set of an action film.
8.30 **Judge Judy**
9.00 **Skin A&E** The specialist clinic opens its doors.
10.00 **Jersey Shore Family Vacation New edition** Mike is hunting for Sammi's blessing.
11.00 **Geordie Shore**
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master**
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Filthy Fortunes**
1.00 PM **Crikey! It's the Irwins**
3.00 **How It's Made: Dream Cars** Four editions, including at: **4.30** The birthplace of the Koenigsegg One:1.
5.00 **Alaska: Homestead Rescue** The Raneys help a family who have survived a tornado. **6.00** The Raneys build an entire cabin from scratch and harness a natural spring.

9.00 Naked and Afraid: Global...

7.00 **Truck Dynasty** A repeat client wants a monster-sized work truck, so the team build the first-ever, truly lifted Hummer EV.
8.00 **Truck Dynasty** NBA star Shaquille O'Neal shows up unannounced to order a custom 4x4 Juggernaut truck.
9.00 **Naked and Afraid: Global Showdown** New edition An injury during an intense gauntlet challenge puts a legend at risk, competitors' torch and trap-making skills are tested, and a group of rhinos circle the camps.
11.00 **Expedition X** Josh and Heather delve deeper into the terrifying history of Spike Island.
12.00 M'T **Caught!** Double bill.
1.00 AM **Naked and Afraid: Global Showdown**
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1 hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!** Documentary.
10.00 **Tanked** An exotic fish tank.
11.00 **Animal Cops Philadelphia**
12.00 NOON **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Double bill.
5.00 **Lone Star Law** A concerned citizen reports an illegal hunter on his property.
6.00 **Dr Jeff: Rocky Mountain Vet** The team head to a remote town where they encounter an unexpected animal.

5.00 Lone Star Law

7.00 **Treehouse Masters** Pete Nelson builds a luxurious treehouse inspired by Thomas Jefferson in Virginia.
8.00 **Alaska: Surviving the Last Frontier** Following four groups of ordinary people as they travel into the wilderness of Alaska.
9.00 **Alaska: The Last Frontier** A festive edition of the reality documentary, detailing the lives of wilderness enthusiasts.
10.00 **Mountain Monsters** The hunters discover answers that shed some light on the Spearfinger folklore.
11.00 **The Haunted** A woman's locked horses move into different stalls during the night.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Animal Cops Phoenix**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Engineering Europe**
11.00 **Car S.O.S** Double bill.
1.00 PM **Air Crash Investigation**
2.00 **World War II: Secrets from Above** Double bill.
4.00 **Pirates: Behind the Legends** The story of history's most notorious pirate, Blackbeard.
5.00 **Atlantis: Draining the Lost City** Experts explore evidence of the fabled city of Atlantis.
6.00 **World War II: Secrets from Above** The untold story of the Battle for Poland.

6.00 WWII: Secrets from Above

7.00 **Air Crash Investigation** The crash of a German plane flying over the French Alps, which began losing altitude.
8.00 **Apocalypse: The Rise of Hitler** 1/2. Charting the dictator's rise to power from his beginnings as a struggling artist in Vienna.
9.00 **Apocalypse: The Rise of Hitler** 2/2. How Hitler set out to ensure the Nazi party dominated every aspect of German society.
10.00 **Nazi Megastructures: Death From Above** Compilation of highlights concerned with the machinery of air warfare.
11.00 **Air Crash Investigation**
12.00 M'T **Inside Melbourne Airport** Documentary.
1.00 AM **To Catch a Smuggler**
2.30 **Trafficked with Mariana Van Zeller** Double bill of editions.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Junk & Disorderly: Henry's Wreck-trospective**
9.15 **Pawn Stars** A *Godzilla* toy.
10.10 **Storage Wars** Four editions.
12.00 NOON **Dictators' Hideouts**
2.00 PM **Pawn Stars** Four editions of the series, including at: **5.00** A seller has a collection of figurines from *The Simpsons*.
6.00 **American Pickers** In Connecticut, Mike and Jersey pick through a monster lifetime collection.

6.00 American Pickers

7.00 **Forged in Fire** Four smiths get cooking when they are tasked with forging a chef's knife.
8.00 **Britain's Lost Battlefields with Rob Bell** The truth about king Harold's death as immortalised on the Bayeux Tapestry.
9.00 **Royal B**tards: Rise of the Tudors** 1/3. Docudrama about the Wars of the Roses and the Tudor dynasty.
10.00 **Royal B**tards: Rise of the Tudors** 2/3. As the bloody civil wars rage on, Margaret manages to keep hold of her lands.
11.00 **Royal B**tards: Rise of the Tudors** 3/3. Edward IV dies unexpectedly, throwing the future of England in the air.
12.00 M'T **Secrets in the Dark** Focusing on the discovery of 17 miniature coffins. **12.55** AM Mexico City's 15th-century tower of 600 skulls.
1.50 **Pawn Stars** Four editions.
5.10 **to 6.00** AM **American Pickers**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Seventies**
7.00 **Discovering: Dennis Hopper**
8.00 **The Directors**
9.00 **The Movies**
9.55 **Charlie Hustle & the Matter of Pete Rose**
11.00 **Spector**
12.00 NOON **I Am Raquel Welch**
1.45 PM **My Icon: Jeanette Kwakye**
2.00 **King of Lies: Football's Greatest Con** The story of fraudster Russell King.
3.50 **My Icon: Chris Hughton**
4.00 **The Directors**
5.00 **Discovering: Dennis Hopper**

6.00 Senna

6.00 FILM **Senna** The story of Formula 1 legend Ayrton Senna. (2010, 12, 106min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
7 PM
8.10 **I Am Patrick Swayze** A tribute to the American actor, known for his roles in hits like *Dirty Dancing*, *Ghost* and *The Outsiders*. Featuring contributions by Demi Moore and Rob Lowe among others.
8 PM **9 PM**
10.00 **Williams & Mansell: Red 5** Documentary charting the rise of Nigel Mansell, the Williams F1 racing team and how they came together to fight for the Formula 1 World Drivers' Championship.
10 PM
11.50 **Tina** A celebration of Tina Turner's life and career.
2.00 AM **Be Water** Bruce Lee's time in Hong Kong making four films.
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Dennis Hopper**

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Truckers**
1.00 PM **Johnny Vegas' Little Shop of Antiques**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House**
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip** Roo Irvine and Mark Hill begin a trip around Northumberland.
8.00 **Massive Engineering Mistakes** Documentary.
9.00 **In the Eye of the Storm**
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories** Victor Nealon.
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **The Lady Killers**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** Joanna Yeates.
8.00 **Murder on CCTV**
9.00 **Lethally Blonde** New edition An aspiring rapper seeks fame through risky choices.
10.00 NEW SERIES **Big Girls Wanted: Escaping Pearadise** Allegations of sexual assault emerge.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The story of Jayden Parkinson.
8.00 **UK Crime Files: Massacre at Red Gables Hotel**
9.00 **UK Crime Files: Unravelling the Murder of Janet Commins**
10.00 **Britain's Countryside Killers** New edition How violence on the Isle of Skye in 2022 ended with a life sentence.
11.00 **New Scotland Yard Files**
12.00 M'T **UK Crime Files: Massacre at Red Gables Hotel**
1.00 AM **UK Crime Files: Unravelling the Murder of Janet Commins**
2.00 **Britain's Countryside Killers** As 10.00pm.
3.00 **Murder UK**
4.00 **to 5.45** AM **Close Calls: On Camera**

+1 hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Brothers Who Kill**
9.55 **UK Crime Files: Newport Revenge Murder**
10.45 **Teleshopping**
11.00 **Secrets of a Murder Detective**
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Evil Walks the Streets**
3.00 **UK Crime Files: Murder Against All Odds**
4.00 **Secrets of a Murder Detective** Eulin Hastings.
5.00 **Medical Detectives** Police search for a boy. **5.30** A murder staged as a car accident. **6.00** Evidence is washed away from two victims in an irrigation canal. **6.30** Police discover the downside to profiling.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My Village** Nezam Salangy.
1.00 PM **Murder Uncut**
2.00 **World's Most Evil Killers**
3.00 **How I Caught the Killer**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Murders That Shocked the Nation**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Catching the Killer**
10.00 **Killer in My Village**
11.00 **How I Caught the Killer**
12.00 M'T **World's Most Evil Killers** Heriberto Seda.
1.00 AM **Murder Uncut**
2.00 **Murdered at First Sight**
3.00 **Britain's Most Evil Killers**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered: Earth's Extremes**
8.50 **Paris: Stories from the City** Documentary.
9.55 **Independence Dawn**
11.50 **Revolutionary War Weapons**
1.00 PM **Paris: Stories from the City** Documentary.
2.00 **Independence Dawn**
3.55 **Revolutionary War Weapons**
5.00 **Matter of Mind: My Alzheimer's**
6.15 **Paris: Stories from the City** Documentary.
7.15 **Independence Dawn** Stories of the forgotten heroes of the American Revolutionary War.
9.00 **Revolutionary War Weapons**
10.10 **Weathered: Earth's Extremes**
10.45 **The M Factor: Shredding the Silence on Menopause**
12.00 M'T **to 2.00** AM **Independence Dawn**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Orangutan Jungle School**
9.00 **Great Blue Wild**
10.00 **Mysteries of the Mekong**
11.00 **Africa's Hunters**
12.00 NOON **Wild Birds of Australia**
1.00 PM **Monkey Life**
2.00 **Orangutan Jungle School**
3.00 **Great Blue Wild**
4.00 **Mysteries of the Mekong**
5.00 **Africa's Hunters**
6.00 **Wild Birds of Australia**
7.00 **Monkey Life** Double bill.
8.00 **The Big Dry** Animal mums face a fight against starvation as they give birth in a drought.
9.00 **Wild Science** Tracking the black rhino's evolution through adaptation and conservation.
10.00 **Wild Birds of Australia**
11.00 **Africa's Hunters**
12.00 M'T **America's Wild Seasons**
1.00 AM **Hope for Wildlife**
2.00 **The Big Dry** As 8.00pm.
3.00 **Wild Science** As 9.00pm.
4.00 **Orangutan Jungle School**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Crimes That Shook Britain**
9.00 **Combat Ships**
10.00 **History's Greatest Aircraft**
11.00 **Ancient Aliens**
1.00 PM **Life After People**
6.00 **Ghost Ships**
7.00 **Crimes That Shook Britain** Dermot Murnaghan looks at the crimes of Angus Sinclair, who murdered two teenage girls in Edinburgh in 1977.
8.00 **Hitler's Engineers** The influence of Hans Kammler over the Third Reich's most deadly engineering projects.
9.00 **World War II: Witness to War** Eye-witness accounts and archival footage describe the German U-boat push into British waters. **10.00** The 1941 attack on Pearl Harbor introduced a powerful new element into the war.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Crimes That Shook Britain**
2.00 **Life After People**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Richard Hammond's Big**
1.00 PM **Cooper's Treasure**
3.00 **Alien Highway**
6.00 **How Do They Do It?** A look at how money is kept safe inside cash machines. **6.30** How 28 million plastic bags are made every day. **7.00** How the world's most expensive vinegar is made. **7.30** How Australia's 80 million sheep are sheared every spring. **8.00** Bras designed with aerospace technology. **8.30** How plasterboard is made from power station smoke.
9.00 **How It's Made** How dumplings and brass faucets are made. **9.30** Examining the way that saxophones are made. **10.00** How prefabricated conservatories are made. **10.30** How canned meat and fillet knives are made.
11.00 **How It's Made: Dream Cars**
1.00 AM **Alien Highway**
4.00 **to 6.00** AM **The Dino Hunters**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitives Caught on Tape**
9.30 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Crimes That Shook Britain**
2.00 PM **Green Eyed Killers**
3.00 **Spring Break Murders**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48** A man is found dead inside a truck after being stabbed 45 times.
8.00 **Green Eyed Killers** A young man's life ends in violence after a 1995 bar clash.
9.00 **Predator Hunters** New edition Detective Tony Godwin is on the case when an abuser plans to meet a 13-year-old at a shopping centre.
10.00 **Fugitives Caught on Tape**
11.00 **K9 PD with Jim Belushi**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Exotic Animal ER**
10.00 **Monster Fish: Fantastic Beasts**
11.00 **Fish Tank Kings**
12.00 NOON **Secrets of the Zoo: North Carolina** Documentary.
1.00 PM **Europe from Above**
2.00 **Natural Treasures**
3.00 **Fish Tank Kings**
4.00 **Fish My City**
5.00 **Yukon Vet** Double bill.
7.00 **Secrets of the Zoo: Tampa** A pair of clouded leopards move into their new home, and a sun bear goes to the dentist.
8.00 **Europe's Wild Marvels** Europe's most important and fascinating habitats. **9.00** The animals that live in Europe's mountains.
10.00 **Northwoods Survival** Margot hits the trapping trail.
11.00 **Ultimate Airport Dubai**
12.00 M'T **Dutch Caribbean Coastguards** Documentary.
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Fish Tank Kings**

Discovery History

161/172 147 181

7.00 AM **World's Toughest Expeditions with James Cracknell** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Documentary.
1.00 PM **NASA's Unexplained Files**
2.00 **Hunting Atlantis**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **World's Toughest Expeditions with James Cracknell** The adventurer recreates journeys by famous explorers, beginning with a trip to the Amazon.
9.00 **Legendary Locations**
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Secret Nazi Bases**
1.00 PM **Secret Nazi Bases**
7.00 **Secret Nazi Bases** In Poland lies a forgotten Nazi complex which could have sheltered up nearly 30,000 people from Allied bombs. **8.00** Hidden in a remote mountainous forest is a structure nicknamed the Fly Trap or Hitler's Stonehenge. Researchers still have no definitive idea what it is. **9.00** Guided missiles, the Wasserfall, and the war-changing V2 were dreamed up and tested in Peenemunde, a German seaside city suddenly overtaken by the Nazi elite. **10.00** A look at how Germany's preparations for World War Two began years before 1939. Under various guises, Germany started work on what would become their most technologically advanced front.
11.00 **Secret Nazi Bases**
5.20 **to 6.00** AM **Villages by the Sea**

+1hour 266 376

ID

154 140 166

8.00 AM **Murder Calls**
12.00 NOON **Murder Under the Friday Night Lights**
1.00 PM **American Monster**
3.00 **Faking It: Tears of a Crime**
7.00 **Where Murder Lies** When mother-to-be Jenny Webb failed to come home, her loved ones are worried. Later that night, their fears are confirmed when she was found dead. **8.00** When a trucker was shot dead in his truck, detectives were left with few clues to find his killer. Two years later, a confession cracked the case.
9.00 **Serial Killer, Serial Liar: Levi Bellfield – A Faking It Special** Experts reveal the truth behind Levi Bellfield's words and actions.
10.00 **A Body in the Snow: The Trial of Karen Read** Karen anxiously awaits her fate, and the jury deliver an unexpected note.
11.00 **Signs of a Psychopath**
12.00 M'T **Hostage 911**
2.00 AM **Faking It: Tears of a Crime**
4.00 **to 6.00** AM **Where Murder Lies**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead: Born Mechanic**
3.00 **The Explosion Show**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Iron Resurrection**
6.00 **Wheeler Dealers World Tour**
7.00 **Shed and Buried**
8.00 **Iron Resurrection** A couple travel down from Missouri with a special project.
9.00 **Outback Truckers** Johnny and Graeme face a critical oil leak during the Finke Desert Race.
10.00 **The Explosion Show**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Iron Resurrection**
1.00 AM **Richard Hammond's Workshop** The Cogs restore an iconic 1970s motorbike.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

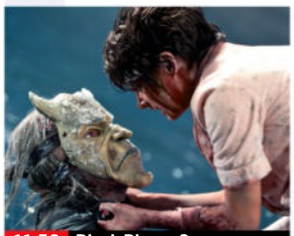
+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

6.45 AM **Mile End Kicks** (2025)
8.40 **Strung** Thriller starring Chloe Bailey. (2026, 15, 119min)
10.45 **Dead Man's Wire** As 3.25am.
12.35 PM **Civil War** As 8.00pm.
2.30 **The Choral** Comedy drama. (2025, 15, 113min) ★★★★
4.25 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
6.05 **Mile End Kicks** Romantic comedy with Barbie Ferreira. (2025, 15, 111min) ★★★★



11.50 **Black Phone 2**

8.00 **Civil War** Action thriller starring Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. With Wagner Moura, Nick Offerman and Cailee Spaeny. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

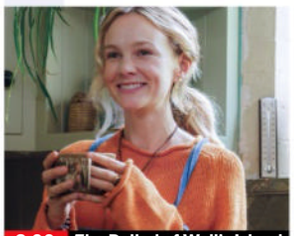
10.00 **Carolina Caroline** Crime thriller starring Samara Weaving and Kyle Gallner. A young woman joins a charismatic con man on the run, leaving a trail of crime and passion. (2025, 15, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Black Phone 2** Thriller sequel. (2025, 18, 114min) ★★★★
1.45 AM **The Internship** Thriller with Lizzy Greene. (2026, 15, 87min)
3.25 **Dead Man's Wire** Thriller. (2025, 15, 104min) ★★★★
5.15 **to 7.00** AM **No Ordinary Heist** Fact-based thriller. (2026, 15, 99min) ★★★

Sky Cinema Hidden Gems

303 303 403 503 517

7.15 AM **The Phoenician Scheme** Comedy. (2025, 15) ★★★
9.15 **The Wedding Singer** Comedy. (1998, 12, 97min) ★★★★
11.00 **The Cable Guy** Black comedy. (1996, 12, 96min) ★★★★
12.45 PM **Friendship** Comedy. (2025, 15, 101min) ★★★★
2.30 **National Lampoon's Vacation** Comedy. (1983, 15, 95min) ★★
4.15 **Black Bag** (2024, 15) ★★★★
6.00 **The Girl on the Train** Thriller. (2016, 15, 107min) ★★★★



8.00 **The Ballad of Wallis Island**

8.00 **The Ballad of Wallis Island** Comedy drama written by and starring Tim Key and Tom Basden, with Carey Mulligan and Sian Clifford. (2025, 12, 100min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Anora** Romantic comedy drama starring Mikey Madison. A sex worker marries the son of an oligarch, but his family in Russia try to get the marriage annulled. (2024, 18, 139min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The Craft** Supernatural horror fantasy starring Robin Tunney and Fairuza Balk. (1996, 15, 101min) ★★★
2.15 **The Lost Boys** Vampire tale starring Jason Patric. (1987, 15, 98min) ★★★★
4.05 **to 6.00** AM **The 'burbs** Comedy starring Tom Hanks. (1989, PG, 103min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.00 AM **The End of the Affair**
8.00 **True Grit** Vintage Western. (1969, PG, 128min) ★★★★★
10.15 **Peggy Sue Got Married** (1986)
12.05 PM **The End of the Affair** Romantic drama with Deborah Kerr. (1955, PG, 106min) ★★
2.00 **Footloose** Teen dance dance remake. (2011, 12, 113min) ★★★
4.00 **Dreamgirls** Musical drama. (2006, 12, 130min) ★★★★
6.15 **Jackie** Biopic starring Natalie Portman as Jacqueline Kennedy. (2016, 15, 100min) ★★★★
8.00 **True Grit** Western remake starring Jeff Bridges and Hailee Steinfeld. A teenage girl seeking to avenge her father's murder turns to a drunken US Marshal for assistance. With Matt Damon. (2010, 15, 110min) ★★★★
10.00 **Joker: Folie à Deux** Musical thriller with Joaquin Phoenix, Lady Gaga and Brendan Gleeson. (2024, 15, 138min) ★★★★
12.20 AM **The Brutalist** Epic period drama starring Adrien Brody. (2024, 18, 215min) ★★★★★
3.45 **Peggy Sue Got Married** Romantic fantasy comedy. (1986, 15, 104min) ★★★★
5.40 **to 6.00** AM **The Cinema List: Risky Romance**

Sky Cinema Sci-fi/Horror

311 311 411 511 525

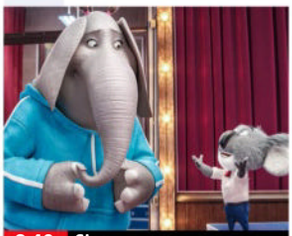
7.10 AM **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
8.55 **Pet Sematary** Horror thriller. (2019, 15, 101min) ★★★
10.45 **Xeno** Fantasy adventure. (2025, 15, 103min) ★★★
12.40 PM **Annabelle** Horror thriller. (2014, 15, 97min) ★★
2.20 **Annabelle: Creation** Horror starring Anthony LaPaglia. (2017, 15, 109min) ★★★
4.10 **I Know What You Did Last Summer** Horror reboot. (2025, 15, 119min) ★★★
6.10 **Ghostbusters II** Action comedy sequel. (1989, PG, 99min) ★★★
8.00 **Sinners** Horror thriller starring Michael B Jordan. Twin brothers return to their hometown to start over, and find a dark force waiting to welcome them back. (2025, 15, 132min) ★★★★
10.20 **The Exorcist** Occult horror chiller starring Max von Sydow. (1973, 18, 121min) ★★★★★
12.25 AM **I Know What You Did Last Summer** As 4.10pm.
2.25 **The Bride!** Horror starring Jessie Buckley and Christian Bale. (2025, 15, 126min) ★★★★
4.40 **to 6.10** AM **Critters** Sci-fi horror comedy starring Dee Wallace Stone. (1986, 15, 86min) ★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.15 AM **The SpongeBob Movie...**
8.50 **Wicked** As 6.00pm.
11.30 **The Swan Princess: Secret of the Castle** (1997, U) ★★
12.50 PM **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
2.25 **The Lego Movie** Animation. (2014, U, 100min) ★★★★★
4.10 **The Lego Movie 2: The Second Part** (2019, U) ★★★★
6.00 **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★



8.40 Sing

8.40 **Sing** Animated musical comedy with the voices of Matthew McConaughey and Reese Witherspoon. A hustling koala's attempt to save his theatre with a singing competition becomes grander than he anticipates. (2016, U, 108min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Matilda** Roald Dahl's dark fantasy starring Danny DeVito, Rhea Perlman and Mara Wilson. (1996, PG, 98min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Angry Birds Movie** Animated comedy adventure. (2016, U, 97min) ★★★
2.00 **The Angry Birds Movie 2** Animated comedy sequel. (2019, U, 93min) ★★★
3.40 **Jackie Chan's The Tuxedo** Action comedy starring Jackie Chan. (2002, 12, 98min) ★★
5.35 **to 7.15** AM **Buffalo Kids** Animated family adventure. (2024, U, 79min) ★★★

Sky Cinema Action

306 306 407 507 521

6.55 AM **The 7th Voyage of Sinbad** Fantasy. (1958, U) ★★★★
8.30 **Rumble in the Bronx** (1996)
10.10 **Kraven the Hunter** Fantasy. (2024, 15, 127min) ★★★
12.25 PM **The Bricklayer** Thriller. (2023, 15, 110min) ★★
2.25 **Days of Thunder** Action drama. (1990, 15, 107min) ★★★
4.20 **Venom** Fantasy adventure. (2018, 15, 112min) ★★★
6.20 **Hancock** Action comedy. (2008, 12, 92min) ★★★

10.30 Inglourious Basterds

8.00 **Wonder Woman** Fantasy adventure starring Gal Gadot and Chris Pine. An Amazon princess leaves her isolated island during World War One, aiming to bring the conflict to an end. With Connie Nielsen and Robin Wright. (2017, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 **Inglourious Basterds** Quentin Tarantino's darkly comic World War Two action movie starring Brad Pitt, Mélanie Laurent and Christoph Waltz. (2009, 18, 153min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 AM **William Tell** Historical drama starring Claes Bang and Connor Swindells. (2025, 15, 133min) ★★★
3.45 **Rumble in the Bronx** Action comedy starring Jackie Chan. (1996, 15, 89min) ★★★
5.30 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Comedy

308 308 408 508 522

7.55 AM **Spinal Tap II: The End Continues** (2025, 15) ★★★
9.30 **Eddie the Eagle** Biopic. (2016, PG, 103min) ★★★
11.25 **Beverly Hills Cop 3** Comedy thriller sequel. (1994, 15) ★★
1.10 PM **The Whole Nine Yards** Black comedy. (2000, 15) ★★★
2.50 **The Brothers Grimsby** Action comedy. (2016, 15, 83min) ★★
4.15 **Hitch** (2005, 12) ★★★
6.15 **My Girl** Bitter-sweet comedy drama. (1991, PG, 105min) ★★

10.05 The Intern

8.00 **Anchorman 2: The Legend Continues** Comedy sequel starring Will Ferrell and Christina Applegate. Newsreader Ron Burgundy becomes the star of a 24-hour news channel with a series of sensationalist stories. (2013, 15, 118min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Intern** Comedy starring Robert De Niro and Anne Hathaway. A retiree becomes an intern at a start-up run by a beautiful entrepreneur. (2015, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Sausage Party** Animation. (2016, 15, 89min) ★★★
1.45 **Risky Business** Comedy drama. (1983, 18, 98min) ★★★★
3.30 **Just Go With It** Romantic comedy. (2011, 12, 117min) ★
5.30 **to 7.20** AM **Gremlins 2: The New Batch** Horror comedy sequel starring Zach Galligan. (1990, 12, 107min) ★★★

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **Head Count** Thriller. (2023, 15, 77min) ★★★
8.30 **Psycho** As 5.00am.
10.20 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
12.20 PM **The Bourne Supremacy** Espionage thriller sequel. (2004, 12, 108min) ★★★★
2.10 **Trap** Thriller. (2024, 15) ★★★★
4.00 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★
6.00 **Civil War** Action thriller. (2023, 15, 109min) ★★★★

8.00 The Equalizer

8.00 **The Equalizer** Action thriller starring Denzel Washington, Marton Csokas and Chloë Grace Moretz. An ex-secret agent fights to bring down a crime syndicate after coming to the aid of an abused prostitute. (2014, 15, 132min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **The Equalizer 2** Action thriller sequel starring Denzel Washington. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **American Gangster** Epic crime drama starring Denzel Washington and Russell Crowe. (2007, 18, 157min) ★★★★
3.00 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
5.00 **to 7.00** AM **Psycho** Alfred Hitchcock's horror. (1960, b/w, 15, 109min) ★★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Man from Laramie** Western with James Stewart. (1955, U, 104min) ★★★
1.05 PM **Gun Fury** Western. (1953, U, 83min) ★★★
2.45 **The Desert Fox** Biopic. (1951, b/w, PG, 88min) ★★★
4.30 **Tobruk** War adventure. (1967, PG, 110min) ★★★
6.40 **Lion** Fact-based drama with Dev Patel and Sunny Pawar. (2016, PG, 113min) ★★★★

6.40 Lion

Lion (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Equalizer 2** Action thriller sequel starring Denzel Washington and Pedro Pascal. When a CIA friend is murdered, vigilante Robert McCall sets out to avenge her death. With Orson Bean and Ashton Sanders. (2018, 15, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 **80 for Brady** Comedy with Lily Tomlin, Jane Fonda, Rita Moreno and Sally Field. Four friends embark on a road trip to the forthcoming Super Bowl. (2022, 12, 98min) ★★★
1.15 **to 3.45** AM **The Eyes of Tammy Faye** Fact-based drama starring Jessica Chastain and Andrew Garfield. (2021, 12, 128min) ★★★

+1 hour 314 430 47 301 257

Thursday

8 PM
9 PM
10 PM
11 PM

Sky Cinema 2026 Recap

302 302 402 502 516

6.20 AM **Cookster: The Darkest Days** Drama. (2024, 15, 119min) ★★★
8.25 **Neighborhood Watch** Thriller. (2025, 15, 92min) ★★★★
10.05 **Hostages** As shown at 3.45am.
11.50 **Adulthood** (2025, 15) ★★★
1.30 PM **Regretting You** Drama. (2025, 12, 116min) ★★★
3.30 **Downton Abbey: The Grand Finale** Period drama spin-off. (2025, PG, 123min) ★★★★

5.40 **The Conjuring: Last Rites** Supernatural horror with Vera Farmiga and Patrick Wilson. (2025, 15, 135min) ★★★
8.00 **28 Years Later** Danny Boyle's horror sequel with Jodie Comer. (2025, 15, 115min) ★★★★
10.00 **Weapons** Horror thriller starring Julia Garner and Amy Madigan. When all but one child from the same class vanish on the same night, a community is left questioning their disappearance. (2025, 18, 128min) ★★★★★

12.15 AM **Bring Her Back** Thriller. (2025, 18, 104min) ★★★★
2.05 **Bone Lake** Comedy thriller. (2024, 18, 94min) ★★★
3.45 **Hostages** Comedy thriller. (2025, 15, 90min) ★★★
5.20 **to 7.00** AM **Safe House** Thriller. (2025, 15, 90min) ★★★

Sky Cinema Greats

307 307 404 504 518

7.20 AM **Bye Bye Birdie** Musical. (1963, PG, 112min) ★★★
9.15 **The Taming of the Shrew** Screen version of Shakespeare's play. (1967, U, 126min) ★★★★
11.20 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
12.50 PM **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★

2.30 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
4.20 **Bill & Ted's Excellent Adventure** Fantasy comedy. (1988, PG, 87min) ★★★★
6.05 **Kindergarten Cop** Comedy thriller. (1990, 15, 111min) ★★★
8.00 **You've Got Mail** Comedy. (1998, PG, 114min) ★★★
10.00 **Sleepless in Seattle** Romantic comedy starring Tom Hanks. (1993, PG, 105min) ★★★★★
11.50 **Trading Places** Satirical comedy. (1983, 15, 116min) ★★★★★

1.50 AM **Flashdance** Dance drama. (1983, 15, 96min) ★★★
3.40 **Cat Ballou** Spoof Western. (1965, PG, 96min) ★★★★
5.20 **The Cinema List: Remakes**
5.50 **to 7.30** AM **National Lampoon's Vacation** Comedy. (1983, 15, 95min) ★★

Disney+ Cinema

305 305

6.00 AM **Bambi** As 4.45am.
7.15 **Frozen** Animated musical. (2013, PG, 108min) ★★★★
8.55 **Big Hero 6** Animated adventure. (2014, PG, 102min) ★★★★
10.40 **A Bug's Life** Animation. (1998, U, 94min) ★★★★★
12.15 PM **Mulan** Animated adventure. (1998, U, 88min) ★★★
1.45 **Hercules** Animated adventure. (1997, U, 92min) ★★★★

3.20 **Finding Nemo** Animation. (2003, U, 104min) ★★★★★
5.05 **Up** Animated adventure. (2009, U, 96min) ★★★★★
6.40 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure starring Georgie Henley. (2005, PG, 140min) ★★★★
9.00 **The Beach** Exotic drama starring Leonardo DiCaprio. (2000, 15, 118min) ★★★
11.00 **The East** Political thriller. (2013, 15, 111min) ★★★★

12.55 AM **Solo: A Star Wars Story** Sci-fi adventure prequel. (2018, 12, 135min) ★★★★
3.10 **A Real Pain** Comedy drama. (2024, 15, 90min) ★★★★★
4.45 **to 6.00** AM **Bambi** Classic feature-length cartoon. (1942, U, 69min) ★★★★★

Movies 24

312 313 419

7.00 AM **Single on the 25th** Festive drama. (2025, PG, 90min) ★★
9.00 **Season's Greetings from Cherry Lane** Festive drama sequel. (2024, PG, 84min) ★★
11.00 **A Very Merry Mix Up** Romantic comedy. (2023, PG, 90min) ★★
1.00 PM **My Norwegian Holiday** Comedy. (2023, PG, 80min) ★★
3.00 **The Spirit of Christmas Station** Drama. (2025, PG, 90min) ★★

5.00 **A Christmas in New Hope** Drama. (2024, PG, 90min) ★★
7.00 **All I Need for Christmas** Romantic drama with Mallory Jansen. (2024, PG, 87min) ★★
9.00 **A Royal Montana Christmas** Drama with Fiona Gubelmann and Warren Christie. A princess seeking a respite from royal duties takes an incognito Christmas holiday to a Montana ranch. (2025, PG, 90min) ★★
11.00 **Holiday Heritage** Festive drama. (2023, PG, 84min) ★★

1.00 AM **Debbie Macomber's Joyful Mrs Miracle** Festive fantasy. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **Holiday Crashers** Comedy with Lyndsy Fonseca. (2024, PG, 90min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **Black Saddle** 21/24. (S2)
6.30 **Where There's a Will** Comedy. (1955, b/w, U, 79min) ★★
8.00 **Look at Life**
8.10 **Sons of the Sea** Adventure. (1939, U, 82min) ★★
9.45 **Blood of the Vampire** Horror. (1958, 18, 85min) ★★
11.30 **Stage 7** 12/25. (S1)
12.00 NOON **Danger UXB** 1/13. (S1)
1.05 PM **Adventures of Sir Lancelot**

1.35 **The Break** Thriller starring Tony Britton. (1962, PG, 75min) ★★
3.10 **Journey Into Flight**
3.25 **Calling All Cars**
4.15 **School for Secrets** Drama. (1946, b/w, PG, 108min) ★★★
6.20 **Strange But True**
6.55 **The Brothers** 4/13. (S3)
8.00 **Mark Saber** 23/26. (S3)
8.30 **The Wheeltappers and Shunters Social Club**
9.20 **That Summer!** Drama starring Ray Winstone and Julie Shipley. (1979, PG, 94min) ★★★

11.15 **Across the Bridge** Thriller. (1957, b/w, PG, 103min) ★★★
1.20 AM **Doomwatch** 10/13. (S2)
2.20 **Shadows on the Stairs** Mystery. (1941, b/w, PG, 63min) ★★
3.35 **A Day Begins in Manchester**
4.00 **Burke's Law** 27/32. (S1)
5.00 **to 6.00** AM **The Rogues**

Thursday

Sky Sports Main Event

401 401 501 419 439

6.30 AM **World Cup Report**
7.00 **World Cup Breakfast**
10.00 **World Cup Matchday**
11.30 LIVE **DP World Tour Golf** Coverage of day one of the BMW International Open at Golfclub München Eichenried.
5.00 PM **World Cup Matchday** In-depth analysis and discussion.
6.00 LIVE **Women's T20 Cricket World Cup** Coverage of the second semi-final at the Oval in London. At this stage at the 2024 tournament, eventual winners New Zealand beat West Indies by eight runs in a nervy semi-final. The Kiwis hit a fairly low total of 128-9 in their 20 overs, but their bowlers did the job as they restricted their opponents to 120-8 in their reply.
10.00 LIVE **PGA Tour Golf** Coverage of day one of the John Deere Classic at TPC Deere Run in Silvis.
12.00 M'T **World Cup Report**
2.00 **to 6.30** AM LIVE **Major League Cricket Seattle Orcas v MI New York.** Coverage of the T20 match staged at Knight Riders Cricket Ground in Fairplex, Pomona.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **FNF** Bournemouth v Fulham.
9.30 **Premier League Highlights**
10.30 **SNF** Chelsea v Liverpool.
11.00 **Premier League Highlights**
4.00 PM **SNF** Fulham v Arsenal.
4.30 **Premier League Highlights** Tottenham Hotspur v Aston Villa. **5.00** Action from Liverpool v Manchester United at Anfield.
5.30 **MNF Hlts** Action from West Ham United v Brentford.
6.00 **Premier League Stories**
6.30 **Premier League Review** A look at some of the finest strikes of the 2025/26 campaign.
7.30 **Transfer 360** How John Hartson ended up moving to Scotland.
8.00 **Netbusters** Fast-paced highlights using alternative angles.
9.00 **Premier League Review** A look back at action from the seventh and eighth round of fixtures.
11.00 **Premier League Years** A look back at the 2023/24 season.
1.00 AM **PL Retro** Manchester City v Queens Park Rangers from 2012.
3.00 **PL Greatest Games**
4.00 **PL Best Goals 2011/12**
5.00 **to 6.00** AM **Best Premier League Goals: Solo Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup Retro**
8.45 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **EFL Cup Retro**
2.45 PM **EFL Greatest Games**
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.30 **EFL Greatest Games**
6.00 **EFL Cup Retro** Aston Villa v Manchester City in the 2020 final.
8.00 **1983: When Aberdeen Ruled Europe** Documentary.
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **EFL** Blackpool v Cardiff City.
11.30 **EFL Greatest Games**
12.00 M'T **Retro League One**
2.00 AM **Best Moments from the Championship Play-Off Final**
2.30 **Best Moments from the League 1 & 2 Play-Off Final**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Retro** The 2018 final.
4.30 **EFL Best Goals 2017/18**
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Cricket

405 405 505 422 442

6.30 AM **Women's T20 World Cup**
7.30 **The Film Room: England v New Zealand** Action from 1997.
8.00 **International T20 Cricket**
12.30 PM **Best of WT20**
1.00 **Women's T20 World Cup**
3.00 **International T20 Cricket**
3.30 **Women's T20 World Cup**
5.00 **International T20 Cricket** Highlights of England v India.
5.30 **Women's T20 World Cup** Action from the first semi-final.
6.00 LIVE **Women's T20 Cricket World Cup** Coverage of the second semi-final from the Oval in London. At this stage in 2024, eventual winners New Zealand beat West Indies by eight runs in a nervy semi-final.
10.00 **Best of WT20**
10.30 **Women's World Cup 2017**
11.00 **Women's World T20 Classics**
12.00 M'T **Women's T20 World Cup**
1.00 AM **International T20 Cricket**
1.30 **Best of WT20**
1.45 **Women's World Cup 2017**
2.15 **to 6.30** AM LIVE **Major League Cricket Seattle Orcas v MI New York.** Coverage of the T20 match from Knight Riders Cricket Ground.

Sky Sports Golf

406 406 506 423 443

6.00 AM **PGA Tour: The Cut**
6.30 **HotelPlanner Tour Golf**
7.00 **PGA Tour Champions**
8.00 **Women's PGA Championship**
9.00 **PGA Tour Golf** Highlights.
10.00 **Rose Ladies Series**
10.30 **DP World Tour Golf**
11.00 **PGA Tour Champions Learning Centre** Golf hints and tips.
11.30 LIVE **DP World Tour Golf** Coverage of day one of the BMW International Open staged at Golfclub München Eichenried.
5.00 PM LIVE **PGA Tour Golf** Coverage of the opening day of the John Deere Classic staged at TPC Deere Run in Silvis, Illinois.
12.00 M'T **PGA Tour Champions**
1.00 AM **Golf Academy**
2.00 **PGA Tour Golf** Highlights.
3.00 **The Open – Official Films**
4.00 **School of Golf**
5.00 **to 6.00** AM **Nick Dougherty's Tee Time Tips**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **ATP Tennis** Barcelona Open.
7.00 **US Open Classic Matches**
10.00 **Best of Federer**
11.00 **WTA Tennis** Doha Open review.
11.30 **ATP Tennis** Recent action.
1.30 PM **WTA Tennis** Highlights.
3.30 **US Open Classic Matches**
5.30 **Tennis** Dubai Championships.
6.00 **Best of Federer** Archive action.
8.00 **ATP & WTA Tour Classics**
9.00 **US Open Classic Matches**
11.00 **ATP Tennis** Recent action.
3.00 AM **Best of Federer**
4.00 **to 6.00** AM **ATP & WTA Tour Classic Matches**

TNT Sports 1

410 413 521 408 430

6.00 AM **WRC Review**
7.00 **MotoGP Highlights**
8.00 **Wimbledon** The third day.
9.30 **The Cycling Show**
10.00 **TNT Sports Reload**
10.15 LIVE **AFL Geelong Cats v Brisbane Lions.** Coverage from GMHBA Stadium in Geelong. Bounce-up **10.30am**.
1.30 PM **Discovery Golf**
2.00 **MotoGP Highlights**
3.00 **Discovery Golf**
3.30 **The Gruppetto** Cycling news.
3.45 **The Cycling Show**
4.15 **Tour de France Men Highlights**
5.15 **Cycling Essential Stories**
5.30 **Tour de France Men**
7.00 LIVE **MLB Milwaukee Brewers v Cincinnati Reds.** Coverage of the National League match from American Family Field. Start-time **7.10pm**.
10.00 **Wimbledon** The fourth day.
11.30 **TNT Sports Reload**
12.00 M'T **UEFA Champions League**
1.30 AM **MLB Plays of the Week**
2.00 **MLB Highlights**
3.00 **to 6.00** AM LIVE **MLB Los Angeles Dodgers v San Diego Padres.** Coverage from Dodger Stadium. Start-time **3.10am**.

TNT Sports 2

411 414 522 409 431

6.00 AM **Discovery Golf**
6.30 **SailGP – Racing on the Edge**
7.00 **The Cycling Show**
7.30 **TNT Sports Reload**
7.45 **TNT Sports Cricket Reload**
8.00 **Test Cricket Highlights**
10.00 **Fishing: On the Bank**
11.00 **BMX Racing** From France.
12.00 NOON **NWSL** Highlights from NJ/NY Gotham FC v Kansas City Current in the Challenge Cup final.
1.00 PM **MLB Highlights**
2.00 **International T20 Cricket Highlights** Ireland v India.
4.00 **SailGP – Racing on the Edge**
4.30 **TNT Sports Reload**
4.45 **MotoGP Rewind**
5.00 **MLB Highlights**
6.00 **MLB Plays of the Week**
6.30 **Ultimate Pool** Action from the Group Three matches in the Champions League tournament.
8.00 **AFL** Another chance to see Geelong Cats v Brisbane Lions.
9.30 **Test Cricket Highlights**
11.30 **The Gallagher PREM**
12.00 M'T **Fishing: On the Bank**
1.00 AM **AFL** A match replay.
2.30 **Wimbledon** The fourth day.
4.00 **MotoGP Highlights**
5.00 **to 6.00** AM **Formula E: Driver**

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
12.00 NOON **Super Bowl LX** Seattle Seahawks v New England Patriots.
1.00 PM **NBA Basketball** Dallas Mavericks v Boston Celtics.
3.00 **NFL Highlights** Carolina Panthers v Seattle Seahawks.
4.00 **Super League Highlights**
4.45 **World Club Challenge**
5.00 **NFL Bitesize Highlights**
5.30 **Super League Highlights**
6.00 **NBA Basketball** Oklahoma City Thunder v Houston Rockets.
8.00 **NBA on Fire** A behind-the-scenes look at the latest action.
8.30 **NBA Basketball** Los Angeles Clippers v Golden State Warriors.
10.30 **Super League Highlights** Wigan Warriors v Hull Kingston Rovers in the 2024 Grand Final.
10.45 **World Club Challenge**
11.00 **NFL Highlights** Carolina Panthers v Seattle Seahawks.
12.00 M'T **The Insiders** NFL news.
1.00 AM **Women's Super League**
1.30 **World Club Challenge**
1.45 **Super League Highlights**
2.00 **Super League** A replay of Wigan Warriors v St Helens from 2025.
4.45 **Super League Highlights**
5.00 **Women's Super League**
5.15 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast** Headlines surrounding the World Cup.
8.00 **Super League** Hull Kingston Rovers v Leigh Leopards.
10.45 **EFL Greatest Games** Action from Bradford City v Arsenal.
11.00 **World Cup Matchday** Analysis and discussion on the latest matches from the World Cup.
12.45 PM LIVE **PGA Tour Golf** Early coverage of the opening day of the John Deere Classic held at TPC Deere Run in Silvis, Illinois.
4.00 LIVE **US Seniors Tour Golf** Coverage of the opening day of the Senior Open staged at Scioto Country Club. Ireland's Padraig Harrington won this event last year after finishing one stroke clear of Stewart Cink on 11-under-par.
7.00 **World Cup Report** A round-up of all the day's World Cup news.
10.00 LIVE **US Seniors Tour Golf** Further coverage of day one of the Senior Open staged at Scioto Country Club in Columbus, Ohio.
12.00 M'T **EFL Greatest Games**
1.00 AM **Premier League Darts** The second night in Antwerp, Belgium.
5.00 **to 6.00** AM **EFL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Test Cricket** England v N Zealand.
10.00 **Women's State of Origin**
10.45 LIVE **NRLW Cronulla-Sutherland Sharks v Newcastle Knights.** From Ocean Protect Stadium. Kick-off **10.45am**.
12.45 PM **State of Origin Rugby League Highlights**
1.00 **Formula 1** Austrian Grand Prix.
2.00 **Women's PGA Championship**
3.00 LIVE **Ladies European Tour Golf** Coverage of the first day of the Hulencourt Women's Open.
6.00 LIVE **Women's T20 Cricket World Cup** Coverage of the second semi-final staged at the Kia Oval in London.
10.00 **Women's T20 World Cup**
10.30 **PGA Tour Champions**
11.30 **EFL Greatest Games**
12.45 AM **NBA Basketball**
2.45 **to 6.00** AM **Super League**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League** A chance to see Aston Villa v Newcastle United. **7.30** A chance to see Manchester City v Tottenham Hotspur. **9.00** Chelsea v Fulham. **10.30** Another chance to see Arsenal v Nottingham Forest.
12.00 NOON **Premier League** Another chance to see Liverpool v Everton. **1.30** PM A chance to see Brentford v Manchester United. **3.00** A chance to see Leeds United v Tottenham Hotspur. **4.30** Nottingham Forest v Chelsea.
6.00 **Premier League Stories** Celebrating the life of former Liverpool attacker Diogo Jota.
6.30 **Discovery Golf** Golfing news.
7.00 **MotoGP Highlights**
8.00 **WRC Review** A look back at the latest action from the Rally Greece.
9.00 **UFC Main Event**
10.00 **UFC** Rafael Fiziev v Manuel Torres.
1.00 AM **UFC Reloaded**
5.15 **to 6.00** AM **Ally's Social Club**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Gallagher PREM**
12.00 NOON **The Gallagher PREM**
5.00 PM **The Gallagher PREM** Action from Bristol Bears v Exeter Chiefs. **6.00** Action from Northampton Saints v Leicester Tigers. **7.00** Bath v Gloucester. **8.00** Harlequins v Saracens. **9.00** Gloucester v Bristol Bears.
10.00 PM **Lions Uncut: Australia 2025** The British and Irish Lions' 2025 rugby tour to Australia.
11.45 **Playing for Our Future: Rugby**
12.00 M'T **International T20 Cricket Highlights** Ireland v India: Action from the first and second T20 matches from Stormont Cricket Ground in Belfast.
2.00 AM **Ultimate Pool** Highlights from the Group Three matches in the Champions League.
3.30 **TNT Sports Reload**
4.00 **Discovery Golf**
4.30 **to 6.00** AM **UEFA Champions League – Classics**

Premier Sports 1

419 APP 528

6.00 AM **Highlights**
8.25 **World Surf League**
9.20 **Champions Cup Show**
9.50 LIVE **Rugby Junior World Championship** France v Spain.
12.00 NOON **URC Match Highlights**
12.20 PM LIVE **Rugby Junior World Championship** Australia v Fiji.
2.30 **URC Match Highlights**
2.50 LIVE **Rugby Junior World Championship** England v USA.
5.00 **URC Match Highlights**
5.20 LIVE **Rugby Junior World Championship** South Africa v Georgia.
7.30 **Champions Cup Show**
8.00 **Sporting Greats**
8.30 **World of FreeSports**
9.00 **Swedish Speedway**
11.00 **NASCAR Highlights**
12.00 M'T **Sidecarcross Championship**
1.00 AM **United Rugby Championship**
3.00 **World of FreeSports**
3.30 **KOTV Weekly** Boxing news.
4.00 **to 6.00** AM **Highlights**

Premier Sports 2

420 APP 529

6.00 AM **Motorsport Highlights**
7.30 **LaLiga** Barcelona v Real Madrid.
9.20 **Temples of Sport**
9.50 LIVE **Rugby Junior World Championship** Wales v Uruguay. Pool A action.
12.00 NOON **LaLiga Match Highlights**
12.20 PM LIVE **Rugby Junior World Championship** Argentina v Ireland. Pool C action.
2.30 **LaLiga Match Highlights**
2.50 LIVE **Rugby Junior World Championship** New Zealand v Scotland.
5.00 **LaLiga Match Highlights**
5.20 LIVE **Rugby Junior World Championship** Italy v Japan. The Pool B match.
7.30 **Temples of Sport**
8.30 **Rugby Junior World Championships**
10.30 **NHL Tonight** Highlights.
11.30 **Temples of Sport**
12.00 M'T **Test Cricket** Highlights.
5.30 **to 6.00** AM **Bike World**

Sky Sports F1

407 407 507 424 444

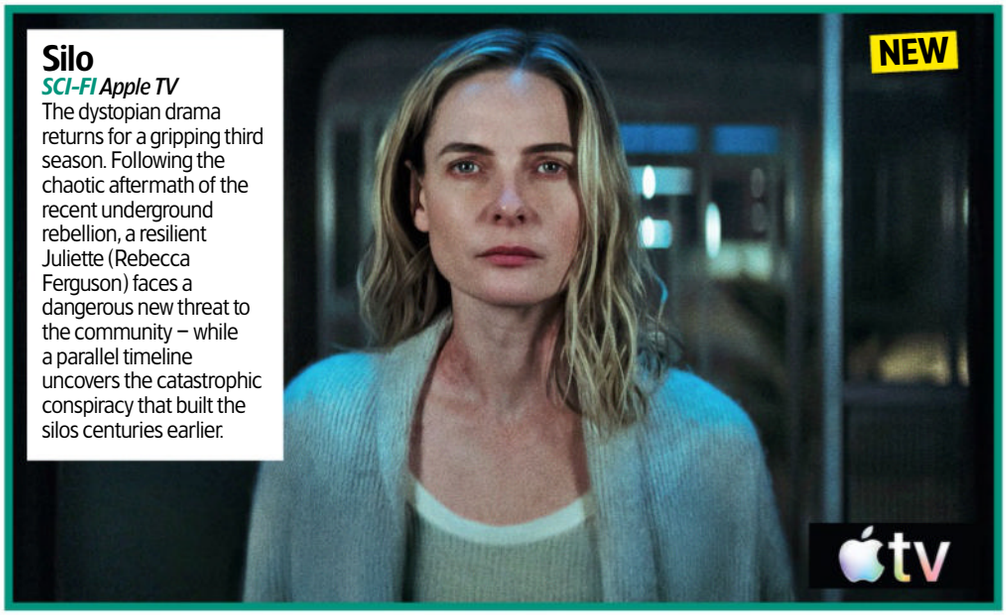
6.00 AM **Formula 1**
12.00 NOON **British GT Championship** Round four.
1.00 PM **Formula 1** British Grand Prix.
2.00 **F1 Drivers Press Conference**
2.45 **Formula 1** Austrian Grand Prix.
3.45 **F1 Academy: Weekend Wrapped** Canadian Grand Prix.
4.15 **F1 Drivers Press Conference**
5.00 **Formula 1** Austrian Grand Prix.
6.00 **The F1 Show** Race preview.
7.00 **F1 Drivers Press Conference**
7.45 **F1 Academy: Weekend Wrapped** Canadian Grand Prix.
8.15 **The F1 Show**
9.15 **F1 Drivers Press Conference**
10.00 **The F1 Show**
11.00 **F1 Drivers Press Conference**
11.45 **George Russell IV**
11.55 **Alba Larsen IV**
12.00 M'T **The F1 Show**
1.00 **to 6.00** AM **The Best of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Al Murray: All You Need Is Guv

COMEDY Sky One, 9pm

The Pub Landlord returns to our screens with this stand-up special, in which he serves his unique perspective on the madness of the modern world, while audience members sitting in the Splash Zone try their best to stay dry.



Silo

SCI-FI Apple TV

The dystopian drama returns for a gripping third season. Following the chaotic aftermath of the recent underground rebellion, a resilient Juliette (Rebecca Ferguson) faces a dangerous new threat to the community – while a parallel timeline uncovers the catastrophic conspiracy that built the silos centuries earlier.

Dutton Ranch

DRAMA Paramount+

The gripping neo-Western saga reaches a fever pitch in a dramatic season finale. As secrets surface in Beulah's herd, Beth (Kelly Reilly) and Rip (Cole Hauser) must risk everything to protect their new Texas empire from fracturing completely.

The Pitt

DRAMA HBO Max

As the gripping second season of the real-time medical drama comes to an end, the focus falls squarely on Robby (Noah Wyle, left). It's been a tough shift in the ER, but can the veteran doctor's colleagues help pull him back from the brink before it's too late?

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Wimbledon – Live: The concluding coverage of day five						10.00 News; Local News	
	102 BBC2	7.00 Garden Rescue	7.30 Beechgrove...	8.00 Your Garden Made Perfect		9.00 Gardeners' World		10.00 Inside No. 9	10.30 Newsnight
	103 ITV1	◂ 6.45 News; Weather	7.45 Joanna Lumley's Danube		8.45 Who Wants to Be a Millionaire?		9.45 Bradley &...	10.15 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Our Farm Next Door		9.00 Celebrity Gogglebox		10.00 8 Out of 10 Cats Does Countdown	
	105 5	7.00 Alexander Armstrong Across America		8.00 Stonehenge: The Discovery		9.00 D-Day: The Unseen Footage		10.00 Police Interceptors	
	106 SKY ONE	◂ 5.55 Film: Despicable Me		8.00 F1: British Grand Prix Highlights		9.00 Al Murray: All You Need Is Guv		10.00 Rob & Romesh vs F1	
ENTERTAINMENT	115 BBC3	7.10 Film: Roald Dahl's Matilda the Musical				9.00 Ludwig		10.00 Amandaland	
	116 BBC4	7.00 TOTP: 2000		8.00 TOTP: 1986	8.30 TOTP: 1989	9.00 Words and Music...	9.35 Jackson Browne: Old Grey...		10.25 Rosanne Cash...
	118 ITV2	7.00 The Floor USA		8.00 The 1% Club		9.00 Love Island		10.05 Love Island...	10.35 Family Guy
	136 MORE4	◂ 6.55 Location, Location, Location	7.55 Celebrity PopMaster TV			9.00 The Sommerdahl Murders			
	135 E4	7.00 The Simpsons		8.00 Below Deck		9.00 Film: Notting Hill			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Rookie		9.00 Chicago Fire		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	◂ 6.45 The Penguin				9.00 Prisoner		10.00 The Last of Us	
	110 U&GOLD	◂ 6.00 Red Dwarf: The Promised Land		8.00 Dad's Army	8.40 Keeping Up...		9.20 Not Going Out	10.00 Red Dwarf	
	111 U&DAVE	7.00 Mortimer & Whitehouse	7.40 Would I Lie to You?		8.20 Would I Lie to You?	9.00 QI XL		10.00 Have I Got News for...	10.40 8 Out...
	119 ITV3	◂ 6.55 Heartbeat		8.00 Doc Martin				10.00 Law & Order: UK	
	120 ITV4	◂ 6.55 Hornblower				9.00 Ice Road Truckers: Deadliest Roads		10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre: Live & Laughing		10.00 Kerry Godliman: Bandwidth	
	145 SKY SCI-FI	7.00 Stargate Atlantis		8.00 Stargate SG-1		9.00 Small Town, Big Story		10.00 Grimm	
	143 U&DRAMA	◂ 6.40 Last of the Summer Wine		8.00 Father Brown		9.00 Happy Valley			10.35 New Tricks
	109 U&ALIBI	7.00 Unforgettable		8.00 Death in Paradise				10.00 Father Brown	
	122 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Classic Artists: Cream					10.30 Eric Clapton's...
	132 U&W	7.00 DIY SOS: The Big Build		8.00 Pete Wicks: For Dogs' Sake					
DOCUMENTARY	125 DISCOVERY	7.00 Truck Dynasty		8.00 Gold Rush: Mine Rescue		9.00 Expedition Files		10.00 Mystery at Blind Frog Ranch	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Intruders		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People: Book of Gabe	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 World War II: The Apocalypse				10.00 Mega Marine Machines	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets of Great British Castles		9.00 Royal B**tards: Rise of the Tudors		10.00 Ancient Aliens	
	155 U&YESTERDAY	7.00 Dom Chinea's Cornish Workshop		8.00 Canal Boat Diaries				10.00 Bangers & Cash	
	114 SKY DOCS	◂ 6.00 Hill		8.00 Becoming Madonna				10.00 Ferrari: Race to Immortality	

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** (S)
10.45 **Fraud Squad** (S)(R)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 LIVE **Wimbledon** Coverage of day five, featuring men's and ladies' third-round singles matches. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the schedule will be: **5.30pm BBC News** (S) **6.00 Local News** (S) **6.30 LIVE Football: World Cup** Group D runner-up v Group G runner-up: The round-of-32 match. Kick-off is at 7.00. (S) **9.30 How Are You? It's Alan (Partridge)** (S)(R) **10.00 BBC News** (S) **10.30 Local News** (S) **10.40 LIVE Football: World Cup** Group J winner v Group H runner-up: The round-of-32 match. Kick-off is at 11.00. (S) **1.30am Weather for the Week Ahead** (S) **1.35 BBC News** (S) **2.15 LIVE Football: World Cup** Group K winner v Group D/E/I/J/L third-placed team: The round-of-32 match. Kick-off is at 2.30. (S) **5.00-6.00am BBC News** (S)

7 PM

7.00 LIVE Wimbledon
Concluding coverage of day five from the All England Club, where the second rounds in the men's and ladies' singles competitions are scheduled to draw to a close. Eventual champion Jannik Sinner was last up on Centre Court at this stage 12 months ago, and he claimed a 6-1, 6-1, 6-3 victory over Aleksandar Vukic. There was disappointment for home favourite and fourth seed Jack Draper over on the No.1 Court, when he was beaten 6-4, 6-3, 1-6, 6-4 by 2017 semi-finalist Marin Cilic. (S)
■ *Today at Wimbledon* is on BBC2 at 11.00pm

8 PM

9 PM

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 FILM Absolutely Fabulous: The Movie
Comedy spin-off from the sitcom, starring Jennifer Saunders and Joanna Lumley. When a plot to approach model Kate Moss goes horribly wrong, Patsy and Edina find themselves vilified by the entire nation and have to flee the country. With Julia Sawalha, Jane Horrocks, June Whitfield, Kathy Burke and Celia Imrie. (S) (2016, 15, 85min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.05 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.10 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **The Travelling Auctioneers** A retired butcher in Leeds needs help decluttering. (S)(R)(AD)
7.15 **Garden Rescue** (S)(R)
8.00 **Sign Zone: Marcus Wareing Simply Provence** (S)(R)
9.00 **BBC News** (S)
10.20 **Political Thinking with Nick Robinson** Topical discussion. (S)
10.50 **Lifeline** (S)(R)(AD)
11.00 LIVE **Wimbledon** Coverage of the opening play on day five from the All England Club. (S)
3.00 PM LIVE **Wimbledon** Further coverage of day five, as third-round singles matches continue. (S)

• *Alternative schedule* If BBC1 show today's World Cup matches, the BBC2 schedule will be: **7.00-10.00pm LIVE Wimbledon** Concluding coverage of day five from the All England Club. (S)

10.00 Inside No. 9

7.00 Garden Rescue
Chris Hull and Charlie Dimmock try to create a rose garden in Billericay, Essex. (S)(R)
7.30 Beechgrove Garden
New edition Lizzie Schofield and Brian Cunningham begin some new projects. (S)

8.00 Your Garden Made Perfect
Garden makeover show presented by Angela Scanlon. A woman who lives in St Annes near Blackpool needs help with her dilapidated garden. (S)(R)

9.00 Gardeners' World
New edition Adam Frost works on his new garden by planting shrubs, building a path and creating a potted herb garden. At West Dean Gardens, Jamie Butterworth shares tips on growing delphiniums. (S)

10.00 Inside No. 9
Hurry Up and Wait: 4/6. An actor waits for his big moment in a caravan owned by a sinister family. Stars Adrian Dunbar and Pauline McLynn. (S6) (S)(R)(AD)
10.30 Newsnight (S)

11.00 Today at Wimbledon
Highlights of the fifth day's play at the All England Club, featuring matches in the third round of the men's and ladies' singles. (S)
12.00 M'T FILM **Licorice Pizza** Romantic comedy set in 1973, starring Alana Haim and Cooper Hoffman. (S) (AD) (2021, 15, 130min) ★★★★
2.10 AM **Sign Zone: Reported Missing** Police mount urgent searches for two missing teenagers. (S)(R)(AD)
3.10 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.30 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.45 **ITV News** (S)
2.10 **Local News** (S)
2.15 **Dickinson's Real Deal** David Dickinson and the team visit Oldham, where Simon Schneider falls for a stunning clock. (S)(R)
3.15 **Deal or No Deal** (S)(R)(AD)
4.15 **Tipping Point** Game show. (S)(R)
5.15 **The Chase** Quiz show. (S)(R)
6.15 **ITV News** (S)
6.45 **Local News** (S)

• *Alternative schedule* If ITV1 show today's World Cup matches, the schedule will be: **6.15pm LIVE Football: World Cup** Group D runner-up v Group G runner-up: The round-of-32 match. Kick-off is at 7.00. (S) **9.35 ITV News** (S) **10.05 Local News** (S) **10.15 LIVE Football: World Cup** Group J winner v Group H runner-up: The round-of-32 match. Kick-off is at 11.00. (S) **1.35am Goals of the 1990s** (S)(R) **2.00 LIVE Football: World Cup** Group K winner v Group D/E/I/J/L third-placed team: The round-of-32 match. Kick-off is at 2.30. (S) **5.05 Unwind with ITV** (S) **5.35-6.00am Fletchers' Family Farm** (S)(SL)(R)(AD)

7.45 Joanna Lumley's Danube
2/3. The second leg of Joanna's adventure takes her to Slovakia and Hungary. She traces Danube tributaries to the top of the dramatic Tatras mountains, and explores the river by boat in Budapest. (S)(R)(AD)

8.45 Who Wants to Be a Millionaire? Celebrity Special
A celebrity version of the big-prize quiz in which stars answer questions to win cash for their chosen charities. (S)(R)

9.45 Bradley & Barney Walsh: Breaking Dad
The actor and his son hit the road together on a series of adventures. (S)(R)(AD)

10.15 ITV News (S)
10.45 Local News (S)

11.00 FILM **Downton Abbey** Drama spin-off from the TV series, starring Hugh Bonneville, Michelle Dockery and Maggie Smith. (S) (AD) (2019, PG, 120min) ★★★★
1.00 AM **Teleshopping**
3.00 **Jason Atherton's Dubai Dishes** The chef visits Dubai's Old Town, where he gets fully immersed in the culture. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Wheel of Fortune** (R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.25 AM **Cheers** 22-24/27. (S9) (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 17-20/24. (S10) (S)(R)(AD)
11.10 **American Pickers** (S)(R)(AD)
12.05 PM **News** (S)
12.10 **Find It, Fix It, Flog It** (S)(R)
12.25 LIVE **F1: British Grand Prix** Lee McKenzie presents coverage of practice session at Silverstone. (S)
1.35 **Help! We Bought a Village** (S)(R)
2.35 **Countdown** New edition (S)
3.25 **A Place in the Sun** (S)(R)
4.00 LIVE **F1: British Grand Prix Sprint Qualifying** Coverage of the battle for sprint race grid positions in the ninth round of the season. (S)
5.45 **Jamie's One-Pan Wonders** (S)(R)
6.00 **Four in a Bed** (S)(R)
6.30 **Come Dine with Me** Floor layer George hosts the fifth and final dinner party in Bristol. (S)(R)

9.00 Celebrity Gogglebox

7.00 News (S)

8.00 Our Farm Next Door: Amanda, Clive and Kids
As the main interior work gets close to completion, Amanda takes the girls on a camping trip under the stars in Swaledale, and looks for a new fireplace for the living room. (S)(R)(AD)

9.00 Celebrity Gogglebox
New edition 5/7. A cast of famous faces, including Vernon Kay and Paddy McGuinness, Denise Van Outen and Johnny Vaughan, and Bez and Shaun Ryder, offer their thoughts on the week's TV shows. (S)(AD)

10.00 8 Out of 10 Cats Does Countdown
Jimmy Carr hosts the words-and-numbers quiz, as Sarah Millican and Jamali Maddix take on Joe Wilkinson and Rob Beckett. Glenn Moore assists in Dictionary Corner. (S)(R)

11.05 TFI Friday Unplugged
New edition Chris Evans presents chat and music. (S)
12.10 AM **Bill Bailey: Limboland** (S)(R)
1.05 FILM **Bros** Romantic comedy with Billy Eichner and Luke Macfarlane. (S) (2022, 15, 115min) ★★★★
3.00 NEW **Iris Prize Best British Shorts** *Meat Raffle*. (S)(AD)
3.15 **Ramsay's Kitchen Nightmares USA** From Atlanta. (S)(SL)(R)
4.05 **to 6.00** AM **Four in a Bed** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.35 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm & Alexis** (S)
12.45 PM **News** (S)
12.50 **Matt Allwright** (S)
2.00 **Vanessa** Topical discussion. (S)
3.00 **Castle** *Valkyrie:* 1/23. Castle is exposed to a deadly gas. (S)(R)
3.55 **Castle** *Dreamworld:* 2/23. Beckett races to find the person behind a stolen toxin. (S6) (S)(R)
4.50 **Love Nature** The habitats hidden on Black Mountain in Northern Ireland. (S)(R)
5.00 **News** (S)
6.00 **Kent: The Garden of England** Featuring a look at the kitchens of the Guru Nanak Gurdwara in Gravesend, the largest Sikh Gurdwara in Europe. (S)(R)
6.55 **News** (S)

8.00 Stonehenge: The Discovery

7.00 **Alexander Armstrong Across America** 1/4. The presenter embarks on a journey around the United States, beginning his trip in Philadelphia. (S)(R)
7.55 **News** (S)

8.00 **Stonehenge: The Discovery with Dan Snow** The historian pieces together the story of the ancient monument, revealing how modern discoveries have started to solve its many mysteries. (S)(R)

9.00 **D-Day: The Unseen Footage** Rarely-seen archive film captures the 85-day struggle to liberate Europe after Allied forces landed on the beaches of Normandy on 6 June 1944. (S)(R)

10.00 **Police Interceptors** Dog handler Lucy and the team investigate the burglary of an allegedly empty house by a machete-wielding masked gang, and discover the property is hiding a colossal cannabis farm. (S)(R)

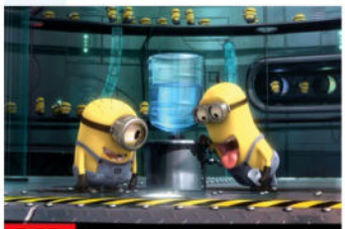
11.05 **Piers Morgan: Uncensored** (S)
12.35 AM **Cops** (S)(R)
12.55 **Entertainment News** (S)
1.00 **Teleshopping** (S)(R)
2.00 **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
2.50 **Yorkshire Great and Small** (R)
3.40 **Friends** (S1) (S)(R)(AD)
4.35 **Paul Martin's Antiques Showdown** (S)(SL)(R)
5.25 **to 5.35** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY ONE

106 106 109 346 361

6.00 AM **Mornings with Jones and Melbourne**
8.00 **Stargate SG-1** (S5) (S)(R)
9.00 **The Flash** 9/13. (S9) (S)(R)
10.00 **Will & Grace** (S8) (S)(R)(AD)
11.00 **The F1 Show** (R)
12.00 NOON **LIVE F1: British Grand Prix** Coverage of the practice session ahead of the ninth round of the season at Silverstone.
1.55 PM **Hill** A profile of ex-Formula One driver Damon Hill. (S)(R)
3.35 **LIVE F1: British Grand Prix Sprint Qualifying** Coverage of the sprint qualifying session in the ninth round of the season from Silverstone.
5.55 **FILM Despicable Me** Animated comedy featuring the voices of Steve Carell and Jason Segel. (S) (2010, U, 125min) ★★★★



5.55 Despicable Me

FILM Despicable Me (started at 5.55pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

8.00 **F1: British Grand Prix** Highlights from this afternoon's sprint qualifying session at Silverstone.

9.00 **NEW Al Murray: All You Need Is Guv** A stand-up show by the Pub Landlord in which he doles out hot-takes for these troubled times, recorded at Soho Theatre Walthamstow. *See feature, page 12.* (S)

10.00 **Rob & Romesh vs F1** 1/2. Rob Beckett and Romesh Ranganathan enter the world of Formula One, with Mercedes team principal Toto Wolff putting them through their paces. (S)(R)(AD)

11.00 **Rob & Romesh vs F1** 2/2. The boys continue their Formula One journey in Monaco. (S)(R)(AD)
12.00 M'T **Grimm** 5/22. Nick and Hank encounter the mythical Rat King. (S5) (S)(R)
1.00 AM **The Force: North East** The cells fill up on a busy Saturday night in Newcastle. (S)(R)
2.00 Officers respond to an urgent call in Newcastle. (S)(R)
3.00 **Road Wars** Double bill. (R)
5.00 **to 6.00** AM **Highway Patrol** (R)

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
No variations

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
No variations

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Richard Holt: Yr Academi Felys **12.30** Heno **1.00** Taclo'r Ty (AD) **1.30** Dan Do **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cyfrinachau'r Llyfrgell **4.00** Awr Fawr **5.00** Stwnsh **6.00** Gerddi Cymru **6.30** Garddio a Mwy **6.59** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** NEW Cyfres Triathlon Cymru : Llanelli CN **8.55** Newyddion a'r Tywydd **9.00** Tafwyl 2026 **10.00** Gwesty Aduniad **11.00** Strip **11.15-11.35pm** Strip

TV&Streaming week
New issue on sale now

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **The Catch Up**
7.05 **Dance Race** Performance film in which a range of dancers race across the UK.
7.10 **FILM Roald Dahl's Matilda the Musical** Musical comedy based on the hit stage show, starring Alisha Weir, Lashana Lynch and Emma Thompson. (2022, PG, 117min) ★★★★
9.00 **Ludwig** 2/6. John uses his puzzle-solving skills while investigating a missing person's case. (S1)
10.00 **Amandaland** 4/6. Property developer Johannes takes Amanda out on a date. **10.30** 5/6. Anne organises a trip to the New Forest. **11.00** 6/6. Amanda takes over organising the end-of-season football awards. (S1)
11.30 **Amandaland Christmas Special** Festive episode of the comedy from 2025.
12.00 M'T **Smoggie Queens**
1.30 AM **Back to Life**
2.45 **Ellie & Natasia**
3.30 **to 4.00** AM **BBC New Comedy Awards**

BBC4

116 119 107/108 9/24 106/108 108 11

• *Alternative schedule*
If BBC1 show today's World Cup football matches:
9.00 PM **Gardeners' World**
10.00 **Words and Music**
10.35 **Jackson Browne**
11.20 **Bottom Line** **12.05** AM **Loudon Wainwright III**
1.05 **The Whistle Test Years**
1.45 to 3.45 AM **TOTP**

Friday primetime

7.00 PM **TOTP: 2000** Featuring Missy Elliott and Eurythmics. **7.30** With Nu Generation and Super Furry Animals.
8.00 **TOTP: 1986** Featuring Gary Numan and Bucks Fizz.
8.30 **TOTP: 1989** With Sonita, and The Beautiful South.
9.00 **Words and Music: American Stories 2** US singer-songwriters recall writing their key songs.
9.35 **Jackson Browne: Old Grey Whistle Test 1976** The singer performs at the BBC Television Theatre.
10.25 **Rosanne Cash, Nanci Griffith and Mary Chapin Carpenter: Bottom Line Special** Country singers perform at the Bottom Line Club in New York.
11.10 **Loudon Wainwright III: BBC4 Sessions**
12.10 AM **The Whistle Test Years**
12.50 **TOTP: 2000** Double bill.
1.45 **TOTP: 1986** As 8.00pm.
2.20 **TOTP: 1989** As 8.30pm.
2.50 **to 3.50** AM **Loudon Wainwright III: BBC4 Sessions**

MORE4

136/137 127 147 18 124 15

8.55 AM **Heir Hunters**
10.00 **Four in a Bed**
12.40 PM **Come Dine with Me** Five editions of the culinary contest from Newcastle.
3.20 **Four in a Bed** Five editions of the B&B challenge.
5.50 **Ugly House to Lovely House with George Clarke** A pair of architects transform a 1980s redbrick house that stands out like a sore thumb among the grand Victorian properties on a prestigious estate.
6.55 **Location, Location, Location** Kirstie and Phil catch up with couples in Edinburgh and Birmingham.
7.55 **Celebrity PopMaster TV** Ken Bruce hosts a celebrity edition of the music quiz, with Eddie Kadi, Ian 'H from Steps' Watkins, Hannah Cockroft, Scarlett Moffatt and Keith Brymer Jones.
9.00 **The Sommerdahl Murders** Series finale 7&8/8. Dan and Flemming are called to a murder at a holiday rental village. One of the cleaners has been strangled outdoors – but nobody knows why was she there on her day off. Subtitled. (S4)
11.00 **24 Hours in A&E**
1.10 AM **999: On the Front Line**
2.10 **24 Hours in A&E**
3.15 **to 3.45** AM **The Perfect Pitch**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Couples Come Dine with Me** Three couples from Portsmouth compete.
8.00 **Ramsay's 24 Hours to Hell and Back** Double bill.
10.00 **Below Deck**
11.00 **Modern Family**
12.00 NOON **The Simpsons**
2.00 PM **Brooklyn Nine-Nine**
3.00 **Modern Family**
5.00 **The Simpsons** Four episodes of the animation.

primetime

7.00 **The Simpsons** *Fraudcast News:* Reports of Mr Burns's death provoke a media storm as the townsfolk reveal their true feelings about him. **7.30** *The Wreck of the Relationship:* Homer and Bart embark on a father-son bonding ocean voyage.
8.00 **Below Deck** New edition With chef Lawrence still struggling, Captain Kerry considers making a new appointment.
9.00 **FILM Notting Hill** Romantic comedy with Julia Roberts and Hugh Grant. (1999, 15, 120min) ★★★★
11.25 **Open House: The Great Sex Experiment**
12.25 AM **Naked Attraction**
1.25 **Below Deck**
2.25 **Abbott Elementary**
2.50 **The Goldbergs**
3.15 **to 6.00** AM **Brooklyn Nine-Nine**

+1 hr 235/236 306 30 123 256

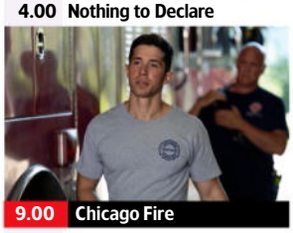
FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Patrol**
8.00 **Nothing to Declare**
9.00 **Motorway Patrol**
10.00 **Brit Cops: Frontline Crime UK**
11.00 **Chicago Fire** 21/22. (S13)
12.00 NOON **FBI** 10&21/22. (S7)
2.00 PM **The Rookie** 4/22. Harper continues the search for a serial arsonist. (S4)
3.00 **Law & Order: Criminal Intent** 13/22. A famous crime writer's husband disappears. Guest stars Brenda Strong. (S7)
4.00 **Nothing to Declare**


9.00 Chicago Fire

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **The Rookie** *Flesh and Blood:* 10/20. Nolan and Sgt Grey's children visit the station to see their parents in action. (S1)

9 PM
9.00 **Chicago Fire** *Primary Search:* 2/21. Vasquez tries to prove his worth, while Violet and Novak work on a disturbing case. (S14)

10 PM
10.00 **Law & Order: Special Victims Unit** *Undertow:* 15/22. A complicated case involving sex and drug use divides the squad. (S26)
11.00 **The Rookie** 1/22. Nolan and the team race to locate Lopez after she is kidnapped. (S4)
12.00 M'T **FBI** 16&17/22. (S7)
2.00 AM **FBI: International** (S2)
3.00 **Road Wars**
4.00 **UK Border Force**
5.00 **to 6.00** AM **The Real A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 111 342 357

6.00 AM **Fish Town** Double bill.
8.00 **Homicide: Life on the Street**
10.00 **House of the Dragon** (S2)
11.20 **Deadwood** 3&4/12. (S1)
1.25 PM **Django** 7&8/10. (S1)
3.30 **House of the Dragon** 3/8. Daemon arrives at Harrenhal to raise an army. (S2)
4.45 **Gomorrah** 3/12. Ciro has retired to Sofia in Bulgaria. **5.45** 4/12. Genny knows he must confront Scianel. Elsewhere, Don Avitabile is preparing for revenge against Genny. Subtitled. (S3)

9.00 Prisoner

6.45 **The Penguin** *After Hours:* 1/8. First episode. Oz Cobb tries to legitimise himself within Gotham's criminal underworld.
8.00 **The Penguin** *Inside Man:* 2/8. Oz attempts to play both the Falcone and Maroni families to his advantage. (S1)
9.00 **Prisoner** 2/6. Amber and Tibor narrowly escape execution by Nina before agreeing to a deal to help each other. (S1)
10.00 **The Last of Us** *Infected:* 2/9. Joel and Tess clash over Ellie's fate on their way to drop her off with a group of Fireflies. (S1)
11.05 **Under Salt Marsh** 5/6. Another body is discovered. **12.05** AM 6/6. (S1)
1.05 **The Penguin** (S1)
2.10 **Dune: Prophecy** 6/6. (S1)
3.35 **Homicide: Life on the Street**
4.35 **Sort Of** (S1)
5.05 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
7.15 **Dress to Impress**
8.10 **Celebrity Homes**
9.10 **The Only Way Is Essex**
10.15 **Real Housewives of Salt...**
11.20 **Real Housewives of Orange...**
12.15 PM **Dinner Date**
1.15 **Supermarket Sweep**
2.15 **The Floor USA**
3.10 **The Only Way Is Essex**
4.10 **Real Housewives of Salt Lake City** Reality series.
5.00 **Real Housewives of Orange County** Reality series.
6.00 **Celebrity Catchphrase**

6.00 Celebrity Catchphrase

7.00 **The Floor USA** New edition Contestants test their knowledge of reality TV, girl groups, US history and hockey.
8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.
9.00 **Love Island** New edition Relationship-based reality show in which singletons hope to find love and win the £50,000 prize.
10.05 **Love Island: The Debrief** New edition With Shakira Khan and Yasmin Pettet.
10.35 **Family Guy** 17/30. Lois discovers that she has an estranged brother. (S4)
11.05 **Family Guy** 19/22. Lois meets one of her ex-boyfriends. (S3)
11.35 **American Dad!** (S3)
12.35 AM **Bob's Burgers** (S13)
1.30 **Botched** Reality series.
2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **George and Mildred**
7.05 **Classic Emmerdale**
8.05 **Classic Coronation Street**
9.10 **A Touch of Frost**
11.20 **Heartbeat** Double bill.
1.30 PM **Midsomer Murders** *Saints and Sinners:* The leader of an archaeological dig is discovered murdered.
3.35 **Classic Emmerdale**
4.40 **Classic Coronation Street**
5.50 **Heartbeat** *Desperate Measures:* Bernie reveals a hidden talent and Maggie struggles with a family in crisis.

9.00 Doc Martin

6.55 **Heartbeat** *With This Ring:* Blaketon gets mixed up in Greengrass's latest money-making scheme.
8.00 **Doc Martin** *Education, Education, Education:* 4/8. Louisa and Martin have their first therapy session, and receive homework.
9.00 **Doc Martin** *Control-Alt-Delete:* 5/8. Louisa and Martin's picnic at the beach is interrupted by a hallucinating vet. (S7)
10.00 **Law & Order: UK** *Fault Lines:* 7/7. A police lab technician is stabbed to death. Guest stars Lydia Leonard. (S6)
11.00 **Law & Order: UK** *Tracks:* 1/6. A suicidal man causes a train crash and 15 deaths. (S7)
11.50 **A Touch of Frost** *If Dogs Run Free:* Mullett is convinced Frost's life is in danger.
1.50 AM **George and Mildred**
2.20 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

ITV4

120 124 118 26 117 21

6.00 AM **Magnum, PI**
8.00 **Dempsey and Makepeace**
9.05 **Boon**
10.10 **The Champions**
11.20 **BattleBots**
12.20 PM **Magnum, PI**
2.30 **Dempsey and Makepeace**
3.35 **Boon**
4.45 **The Champions** *The Fanatics:* Richard infiltrates an agency to investigate the assassination of several world leaders.
5.50 **Minder** *The Long Good Thursday:* Arthur is held hostage by an ex-friend.

2.30 Dempsey and Makepeace

6.55 **Hornblower** *The Frogs and the Lobsters:* 4/8. The promoted lieutenant accepts a diplomatic commission as the war reaches a stalemate, and finds himself on French soil in the midst of a daring plot to overthrow the government. (S1)
9.00 **Ice Road Truckers: Deadliest Roads** New edition Lisa Kelly's truck is hit by a rock on a return trip to the Ledge.
10.00 **Wrestling: AEW Dynamite** Hard-hitting wrestling action, featuring the likes of Jon Moxley and Claudio Castagnoli.
12.10 AM **Dark Side of the Ring** How steroid abuse rocked wrestling in the mid-1990s.
1.05 **Minder**
2.00 **Two and a Half Men**
2.50 **Unwind with ITV**
3.30 **to 4.00** AM **Motorsport Mundial**

+1 hour 220 318 118

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Greatest Escape** JJ Chalmers and Grado visit unforgettable getaways in Scotland.
8.00 **Paramedics on Scene** Gregg and Bernadette have to take shelter in their ambulance.
9.00 **Selling Scotland** Jack Docherty takes an entertaining look at Scotland's most memorable adverts.
10.00 **Still Game** 5/6. Jack and Victor emulate Old Tam's competition-winning success. (S1)
10.30 **Two Doors Down** 2/6. Beth has flu and wants some peace and quiet – but Ian and Gordon pop over. (S5)
11.00 PM **to 12.00** M'T **NEW TRNSMT** Shereen Cutkelvin presents festival highlights.

Sky Comedy

113/114 109/110 112 347 362

8.00 AM **Will & Grace** (S1)
9.00 **Breeders** 9&10/10. (S1)
10.00 **I Love LA** 1&2/8. (S1)
11.15 **Will & Grace** (S5)
12.15 PM **Avenue 5** (S1)
1.20 **I Love LA** 1&2/8. (S1)
2.30 **Will & Grace** (S4)
3.30 **Sort Of** 1-3/8. (S3)
5.00 **Community** (S4)
6.00 **Will & Grace** (S5)
7.00 **The Office (US)** (S2)
8.00 **Breeders** 9/10. Ally's job takes her to Berlin. **8.30** 10/10. Luke is rushed to hospital. (S1)
9.00 **Ellie Taylor: Palavering!** Stand-up performance.
10.00 **The Office Movers** 5/8. Everett and his team take on a job at Trisha's office. **10.40** 6/8. Everett and his crew take on their biggest job. (S2)
11.20 **I Love LA** 8/8. (S1)
12.00 M'T **Breeders** (S1)
1.00 AM **Community** (S4)
2.00 **Avenue 5** 3&4/9. (S1)
3.05 **to 5.00** AM **Sort Of**

Sky Arts

122/123 112/113 123 36
143 24 350 365

6.00 AM **Cats: The Musical**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Classic Movies: The Story of Scott of the Antarctic**
1.00 PM **Tales of the...**
2.00 **Alfred Hitchcock Hour**
3.00 **Guy Garvey: From the Vaults** Clips from 1978.
4.00 **Discovering**
5.00 **Portrait Artist 2020**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Classic Artists: Cream** The story of the 1960s rock supergroup.
10.30 **Eric Clapton's Crossroads Live in LA**
1.05 AM **Jeff Beck Live at Ronnie Scott's**
3.05 **Jimi Hendrix: The Guitar Hero**
5.00 **to 6.00** AM **Classic Movies: The Story of Scott of the Antarctic**

Sky Mix

151 158 156 11 141 23

7.00 AM **Border Security: America's Front Line**
8.00 **Border Patrol**
9.00 **Nothing to Declare**
11.00 **Border Security: America's Front Line**
12.00 NOON **Border Patrol**
1.00 PM **Police 24/7**
2.00 **Nothing to Declare**
4.00 **Star Trek: Deep Space Nine** 2/26. (S5)
5.00 **Stargate SG-1** (S7)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: The Next Generation** *Family:* 2/26. Picard returns to his roots. (S4)
8.00 **Police 24/7** A canine unit lead a manhunt.
9.00 **Forensics: Catching the Killer** Double bill.
11.00 **Star Trek: Enterprise**
12.00 M'T **Warehouse 13** (S4)
1.00 AM **Police 24/7**
2.00 **Road Wars**
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Deal or No Deal**
10.00 **Tipping Point** Triple bill.
1.00 PM **Lingo** Quiz show.
2.00 **Tenable** Quiz show.
3.00 **Beat the Chasers**
4.00 **Riddiculous** Quiz show.
5.00 **Deal or No Deal** Stephen Mulhern hosts as contestant Kelly G takes on the Banker.
6.00 **Lingo** Siblings-in-law workmates and two friends take part. **7.00** A couple from Middlesbrough and two from Manchester take part n the quiz show. **8.00** Duos from Glasgow, London and Grimsby take part.
9.00 **Beat the Chasers** Bradley Walsh hosts as more hopefuls take on all of the Chasers.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.55 AM **Tenable** Quiz show.
1.50 **Riddiculous** Quiz show.
2.35 **to 3.00** AM **Unwind**

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S.**
10.00 **American Pickers**
11.00 **Narrow Escapes**
12.00 NOON **A Place in the Sun** Triple bill.
3.00 PM **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Dover 24/7: Britain's Busiest Port** Officers chase a man spotted jumping out of a lorry.
8.00 **George Clarke's Remarkable Renovations** A couple turning an electrical substation in Cornwall into a unique home.
9.00 **24 Hours in A&E** A painter and decorator falls 12ft from a ladder onto concrete. **10.00** A man is rushed in after his leg is crushed by a 12-tonne lorry.
11.05 **Celebrity Gogglebox**
1.05 AM **Gogglebox**
2.05 **24 Hours in Custody**
3.05 **Night Coppers**
4.05 **to 5.10** AM **Bake Off: The Professionals**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Sci-Fi

145 114/115 140 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Enterprise** (S2)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Stargate Atlantis** (S3)
2.00 FILM **DC Down** Thriller. (2023, PG, 82min) ★★
4.00 **Stargate SG-1** As 8.00pm.
5.00 **Star Trek: Voyager** 20/26. Bounty hunters pursue *Voyager*, but aliens offer to help the crew escape. (S5)
6.00 **Star Trek: Enterprise** 17/26. Archer and Trip are accused of smuggling. (S2)

2.00 DC Down

7.00 **Stargate Atlantis** *Irresistible:* 3/20. Dr Beckett falls under the influence of a mysterious stranger. (S3)
8.00 **Stargate SG-1** *Full Circle:* 22/22. Daniel and Ska'ra help find the Eye of Ra, an artefact that could make Anubis omnipotent. (S6)
9.00 **Small Town, Big Story** *The Turd Man:* 6/6. Wendy and Seamus return to the woods with company. (S1)
10.00 **Grimm** *You Don't Know Jack:* 20/22. The press think a Jack the Ripper copycat is responsible for a series of murders. (S4)
11.00 **The Walking Dead** 4/16. Morgan recounts the time he met a lone survivor. (S6)
12.15 AM FILM **Arctic Armageddon** Sci-fi thriller starring Patrick Labyorteaux and Joe Finfera. (2023, 12, 86min) ★★
2.00 **The Walking Dead** (S6)
3.10 **Small Town, Big Story** (S1)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.10 AM **Murdoch Mysteries** (S4)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 15/24. (S4)
11.00 **Hudson & Rex** As 5.00pm.
12.00 NOON **Unforgettable** (S3)
1.00 PM **Death in Paradise** (S9)
2.00 **Murdoch Mysteries** (S4)
4.00 **The Mentalist** 15/24. (S4)
5.00 **Hudson & Rex** 8/20. Donovan's journalist daughter investigates a murder. (S5)
6.00 **Father Brown** *The Sign of the Broken Sword:* The sleuthing priest investigates a murder at the local army barracks.

2.00 Murdoch Mysteries

7.00 **Unforgettable** *The Island:* 8/13. A murder case leads Carrie and Al to an off-the-grid community near Manhattan. (S3)
8.00 **Death in Paradise** *Pirates of the Murder Scene:* 4/8. A man's body is discovered on a boat out at sea. (S9)
9.00 **Death in Paradise** *One for the Road:* 2/8. The Saint Marie governor is poisoned at her leaving party. (S5)
10.00 **Father Brown** *The Scales of Justice:* The priest races to save Bunty from the hangman's noose when she is tried for murder.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **Death in Paradise** (S9)
1.00 AM **Hudson & Rex** (S5)
2.00 **Murdoch Mysteries** 4/13. The master of a wealthy household is murdered. (S4)
2.50 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Highlights**
9.20 **Are You Being Served?**
10.00 **Last of the Summer Wine**
11.20 **dinnerladies**
12.00 NOON **Keeping Up...**
12.40 PM **Dad's Army**
1.20 **Open All Hours**
2.00 **The Green Green Grass**
2.40 **Are You Being Served?**
3.20 **Dad's Army**
4.00 **Keeping Up Appearances**
4.40 **Last of the Summer Wine**
6.00 **Red Dwarf: The Promised Land** Feature-length special.

2.40 Are You Being Served?

Red Dwarf: The Promised Land (started at 6.00pm)
8.00 **Dad's Army** The Home Guard heroes repaint Lady Maltby's Rolls-Royce.
8.40 **Keeping Up Appearances** Hyacinth hopes to impress Emmet with her singing talents.
9.20 **Not Going Out** Lucy aspires to be friends with posh new neighbours.
10.00 **Red Dwarf** First-ever episode of the sci-fi comedy starring Craig Charles and Chris Barrie. **10.40** The crew members get to see into the future.
11.20 **Bottom** The boys go trick-or-treating on Halloween.
12.00 M'T **Not Going Out**
12.40 AM **Bottom: Exposed**
2.30 **Bottom** As 11.20pm.
3.15 **to 4.00** AM **Don't Wait Up**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.25 AM **Gadget Man**
8.20 **Border Force: America's Gatekeepers** Double bill.
10.20 **Rick Stein's Secret France**
12.20 PM **Top Gear** Double bill.
2.20 **Mortimer & Whitehouse: Gone Fishing** As 7.00pm.
3.00 **The Americas with Simon Reeve** From California.
4.00 **The Hairy Bikers' Bakeation**
5.00 **Rick Stein's Secret France** The chef takes a culinary tour of France, starting in Dieppe. **6.00** The chef heads through the regions of Alsace and Jura.

10.40 8 Out of 10 Cats

7.00 **Mortimer & Whitehouse: Gone Fishing** The duo fish on the River Severn.
7.40 **Would I Lie to You?** Unseen material from the comedy panel show.
8.20 **Would I Lie to You? at Christmas** Guests include Gloria Hunniford and Christopher Eccleston.
9.00 **QI XL** Nabil Abdulrashid, Bill Bailey and Victoria Coren Mitchell join regular panellist Alan Davies and host Sandi Toksvig.
10.00 **Have I Got News for Boris: A Special Tribute** Hosted by Jack Dee.
10.40 **8 Out of 10 Cats** With Nadine Coyle, Spencer Matthews and Phil Wang.
11.40 **Mock the Week**
12.20 AM **Would I Lie to You?**
1.00 **Would I Lie to You? at Christmas** As 8.20pm.
1.40 **QI** Double bill of editions.
2.55 **to 4.00** AM **8 Out of 10 Cats**

+1 hour 211/212 327 74 259

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
8.15 **Doctors**
9.30 **Classic Holby City**
10.35 **Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Tenko**
3.00 **Pie in the Sky**
4.00 **Lovejoy**
5.20 **Waiting for God**
6.00 **Last of the Summer Wine** Barry is caught acting suspiciously in the woods. **6.40** Clegg, Truly and Alvin upset a group of pensioners.

9.00 Happy Valley

7.20 **Last of the Summer Wine** Smiler is pursued by a wanton gold-digger, but Truly comes up with a few ideas to get rid of her.
8.00 **Father Brown** *The Tower of Lost Souls:* The priest joins forces with Valentine to uncover a dark secret at Helmsley House.
9.00 **Happy Valley** 6/6. Catherine works her final shift, when scores are settled for good, and grandson Ryan faces a moral dilemma. (S3)
10.35 **New Tricks** *The Queen's Speech:* A cassette from 1983 is found to include the voice of a murdered teenage girl.
11.55 **Silent Witness** *Greater Love:* Leo, Nikki and Jack travel to Afghanistan to identify whether human remains are those of a missing British soldier.
2.10 AM **Lovejoy**
3.00 **to 4.00** AM **Harry Wild**

+1 hour 243 316 60 260

Friday

7 PM
8 PM
9 PM
10 PM

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 10-12/16. (S18)
12.00 NOON **Law & Order**
6.05 PM **NCIS** *Collective Memory:* 9/21. A murder victim's 3D hologram becomes a witness. **7.00** *Pledge of Allegiance:* 10/21. A chief warrant officer is suspected of selling classified software. **8.00** *All Hands:* 11/21. Terrorists invade a research vessel. (S19)
9.00 **Beauty and the Beast** *On Thin Ice:* 11/22. Vincent is torn between his feelings for Alex and Cat. **10.00** *Cold Turkey:* 12/22. Cat tries to stay away from Vincent. (S1)
11.00 **Law & Order: Special Victims Unit** *Spectacle:* 16/24. A rape is broadcast live on the internet. (S12)
11.55 **Law & Order: Special Victims Unit** (S12)
3.10 **to 4.00** AM **Cops**

+1hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops**
2.00 PM **Police Interceptors**
5.00 **Call the Bailiffs: Time to Pay Up**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** A mother is suffering with back pain.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Critical Condition** A man falls from a scaffold and impales himself upon a flagpole.
10.00 **A&E After Dark** A woman falls 30ft off a castle wall.
11.00 **Trauma Room One**
12.00 M'T **Skin A&E**
1.00 AM **Dirty Home Rescue**
2.00 **Casualty 24/7: Every Second Counts**
2.45 **Scam City** Istanbul.
3.35 **to 4.00** AM **Friends**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Winter Road Rescue** Documentary.
9.35 **Police Interceptors**
11.35 FILM **Sabata** Western. (1969, 12, 107min) ★★
1.50 PM FILM **Cahill: United States Marshal** Western. (1973, 15, 98min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police: Night Shift 999** Officers race to catch burglars red-handed.
10.00 **Cops** New editions Deputies chase a stolen car driven by a teenager. **10.30** Two scantily clad women fight in an area known for prostitution.
11.00 **The X-Files** 12/24. (S4)
12.00 M'T **Shoplifters: Caught Red Handed**
1.00 AM **Outback Truckers**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **MasterChef Australia** Culinary show.
7.30 **Inside the Ambulance**
8.00 **Tipping Point**
10.00 **DIY SOS: The Big Build**
1.00 PM **Antiques Road Trip**
3.00 **Tipping Point**
4.00 **The Supervet at Christmas** From 2016.
5.00 **The Supervet**
6.00 **DIY SOS: The Big Build**
8.00 **Pete Wicks: For Dogs' Sake** Pete meets Jack Russell Paige, whose owner had to give her up after 15 years. **9.00** Pete helps rehabilitate a group of ex-racing greyhounds. **10.00** Pete meets a Staffy Boxer cross who has been at the centre for over three years.
11.00 **Ghosts** Triple bill.
1.00 AM **Ambulance Australia** Documentary.
2.00 **to 3.00** AM **Aaron Hernandez Uncovered**

+1 hour 232/233 325

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Abandoned Engineering**
8.00 **Bangers & Cash**
10.00 **The World at War**
11.00 **Secret Nazi Bases**
12.00 NOON **Antiques Roadshow** Double bill.
2.00 PM **Bangers & Cash**
4.00 **The World at War**
5.00 **Secret Nazi Bases**
6.00 **Antiques Roadshow**
7.00 **Dom Chinea's Cornish Workshop**
8.00 **Canal Boat Diaries** Robbie Cumming crosses an epic aqueduct near Stratford-upon-Avon. **8.30** Robbie begins a 170-mile journey. **9.00** Robbie encounters Bingley Five Rise Locks. **9.30** Robbie explores the village of Saltaire.
10.00 **Bangers & Cash**
1.00 AM **Find It, Fix It, Flog It**
2.00 **to 3.00** AM **Robson Green's Weekend Escapes**

+1 hour 255 329

Really

142 153 165 44 149 40

6.00 AM **Fantasy Homes by the Sea** From Cumbria.
7.00 **Teleshopping**
8.00 **Escape to the Country**
9.00 **Salvage Hunters**
12.00 NOON **The Yorkshire Auction House**
2.00 PM **The Repair Shop**
3.00 **Salvage Hunters**
5.00 **Long Lost Family: What Happened Next**
6.00 **Antiques Road Trip**
7.00 **The Yorkshire Auction House** Angus unearths a treasure trove of toys.
8.00 **Antiques Road Trip**
9.00 **Rock the Block** New edition The teams head to the backyard to create a Vegas-worthy entertaining oasis.
10.30 **My Lottery Dream Home** From Virginia.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

+1 hour 242 365

FRIDAY Entertainment

Friday

Great! TV
157 167 170 34 32

8.00 AM **The Waltons** (S2)
9.00 **Highway to Heaven**
11.00 **Little House on the Prairie** 13&14/22. (S9)
1.00 PM **The Waltons** (S3)
4.00 **Little House on the Prairie** 16&17/22. (S9)
6.00 **Ballykissangel** (S6)
7.00 **M*A*S*H** 2/25. Part two of two. The police finally capture Frank.
7.30 3/25. Radar loses respect for Hawkeye.
8.00 4/25. BJ's pal is demob happy.
8.30 5/25. Freedman has a guilty conscience. (S6)
9.00 FILM **Romancing the Stone** Romantic adventure starring Michael Douglas. (1984, 12, 105min) ★★★★
11.25 **M*A*S*H** 2-5/25. (S6)
1.25 AM **Rising Damp** (S3)
1.55 **Air Rescue**
3.00 **to 5.00** AM **Highway to Heaven**

+1 hour 257 61 263

Great! Action
318 317 426 42 33

9.00 AM FILM **Panhandle** Western. (1948, b/w, U, 85min) ★★
11.00 **Tombstone Territory**
12.00 NOON **The High Chaparral** Double bill.
2.00 PM **Wanted: Dead or Alive** 19/36. (S1)
2.30 FILM **Triple Cross** Thriller. (1966, PG, 126min) ★★
5.10 **The Monuments Men**
6.10 FILM **The Coldest Game** Espionage thriller starring Bill Pullman. (2019, 15, 102min) ★★
8.30 FILM **King Arthur** Action adventure starring Clive Owen. (2004, 12, 126min) ★★★
11.00 FILM **Big Kill** Western starring Jason Patric. (2019, 15, 126min) ★★
1.35 AM **Dragon Ball Super**
2.35 **Coast Guard Alaska**
3.40 FILM **Absolute Zero** Thriller with Jeff Fahey. (2005, 12, 87min) ★
5.15 **to 5.50** AM **Air Rescue**

+1 hour 319

Great! Mystery
320 318 425 50 48

8.10 AM FILM **Garage Sale Mysteries: The Deadly Room** Crime drama. (2015, PG, 83min) ★★
10.05 FILM **White Hot: A Sandra Brown Mystery** Drama. (2016, PG) ★★
12.00 NOON **Unforgettable**
1.00 PM **In Plain Sight** (S2)
2.00 **Castle** 17/24. (S3)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **Castle** 18/24. (S3)
8.00 **Unforgettable** (S2)
9.00 **In Plain Sight** 2/15. (S2)
10.00 FILM **Nelly Knows: All Manner of Murder** Crime mystery. (2025, PG, 115min) ★★
11.55 FILM **Nelly Knows: A Fatal Engagement** Crime mystery. (2024, PG, 89min) ★★
1.45 AM FILM **Ties That Bind** Thriller. (2010, PG) ★★
3.25 **to 5.00** AM FILM **Dispatch** Crime thriller. (2015, 15, 95min) ★★

+1 hour 321

Great! Romance
322 319 424 52 47

8.10 AM FILM **A Christmas to Savour** (2021) ★★
10.05 FILM **Christmas on the River** (2019, PG) ★★
12.00 NOON FILM **A Blue Ridge Mountain Christmas** (2019) ★★
1.55 PM FILM **A Very Country Christmas Homecoming** Drama. (2020, PG, 85min) ★★
3.50 FILM **Christmas Joy** Drama. (2018, U) ★★
5.50 FILM **A Christmas Mission** Festive drama. (2020, PG, 87min) ★★
7.45 FILM **Christmas on 5th Avenue** Festive drama. (2021, PG, 90min) ★★
9.45 FILM **Christmas Coincidence** Drama. (2018, PG, 85min) ★★
11.50 FILM **Double Christmas** Comedy. (2019, U) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM FILM **A Very Country Christmas Homecoming**

+1 hour 323

Together TV
170 171 136 83 162 52

11.00 AM **Garden Rescue**
1.00 PM FILM **Futtock's End**
2.00 **Love Your Garden**
3.00 **New Home DIY**
4.00 **The Greatest Auction**
5.00 FILM **Futtock's End** Comedy. (1970, 12) ★★
6.00 **Love Your Garden**
7.00 **Highclere: The Real Downton Abbey**
8.00 **Garden Rescue** A Scandinavian-inspired garden in Gloucester.
9.00 The team work to create a garden with themes of India.
10.00 FILM **Au Pair Girls** Comedy with Gabrielle Drake and Astrid Frank. (1972, 18, 86min) ★★
12.00 M'T FILM **Come Play with Me** Sex comedy. (1977, 18, 90min) ★★
2.00 AM FILM **Inside Out** Crime caper with Telly Savalas and Robert Culp. (1975, PG, 95min) ★★
4.00 **to 5.00** AM **Flipping Profit**

Rewind TV
182 81 164 141

6.00 AM **Highlights**
11.00 **The Fenn Street Gang**
11.30 **The Dustbinmen** (S3)
12.00 NOON **Randall and Hopkirk (Deceased)**
1.00 PM **Hallelujah** (S2)
1.30 **The Gaffer** 1/7. (S2)
2.00 **Second Thoughts** (S1)
2.30 **The Fenn Street Gang**
3.00 **Hank the Cowboy**
3.15 **We Had One of Those**
3.25 **Boon** 6/13. (S4)
4.30 **Further Out of Town**
5.00 **Stereo Underground**
6.00 **The Gaffer** 1/7. (S2)
6.30 **Only When I Laugh**
7.00 **Two's Company** (S4)
7.30 **Doctor at Large**
8.00 **Randall and Hopkirk...**
9.00 **Drop the Dead Donkey**
10.00 FILM **Mary Millington: Confessions from the David Galaxy Affair** Comedy. (1979, 18) ★★
12.00 M'T FILM **Fanny Hill** Comedy. (1964, 18) ★★
2.00 AM **Stereo Underground**
2.50 **to 6.00** AM **Highlights**

DMAX
159 151 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Aussie Gold Hunters**
9.00 **Extinct or Alive**
10.00 **Deadliest Catch**
12.00 NOON **Devil's Canyon**
1.00 PM **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Documentary.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Battered by the ice pack, Sig changes tactics.
8.00 Jake and Sean face losing everything when ice swallows their gear.
9.00 **Helicopter ER** A boy needs to be rescued after jumping into Whitby Harbour.
10.00 **Animal Cops Philadelphia** A puppy attacked with a machete.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network
144 152 168 43 148 39

6.00 AM **Sophie Grigson: Slice of Italy**
7.00 **The Hairy Bikers' Comfort Food**
8.00 **Delicious Miss Brown**
9.00 **Jamie's Easy Meals for Every Day** Double bill.
10.00 **Barefoot Contessa**
11.00 **The Great British Bake Off** Double bill.
1.00 PM **James Martin: Delicious** Four editions.
3.00 **The Hairy Bikers' Comfort Food**
4.00 **The Pioneer Woman**
6.00 **Barefoot Contessa**
7.00 **The Great British Bake Off** Double bill.
9.00 **The Hairy Bikers' Mediterranean Adventure** Searching for the flavours of Italy.
10.00 **Nadiya Bakes**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Mystery Diners**
2.00 **to 3.00** AM **Cake Boss**

+1 hour 244 368 154

Legend
148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 8/28. (S1)
9.00 **T.J. Hooker** 3/19. (S5)
10.00 **Babylon 5** 18/23. (S1)
11.00 FILM **Riddles of the Sphinx** Adventure. (2008, 12, 89min) ★★
1.00 PM FILM **The Last Command** Western. (1955, PG, 110min) ★★★
3.10 FILM **Thunder in the Sun** Western. (1958, U, 81min) ★★
5.00 **Star Trek** 10/24. (S3)
6.00 **Six Million Dollar Man**
7.00 **Babylon 5** 19/23. (S1)
8.00 **Walker, Texas Ranger**
9.00 FILM **Fortress: Sniper's Eye** Action thriller starring Jesse Metcalfe. (2022, 15, 87min) ★★
11.00 FILM **Rise of the Footsoldier 3** Thriller. (2017, 18, 99min) ★
1.05 AM FILM **A Violent Man** Drama. (2022, 18) ★★
3.10 **to 4.55** AM FILM **The Hatton Garden Job** Drama. (2017, 15) ★★★

Legend Xtra
316 316 171 69 138 51

9.00 AM FILM **The 7 Adventures of Sinbad** Fantasy adventure. (2010, PG, 90min) ★★
11.00 **Andromeda** 11/22. (S3)
12.00 NOON FILM **Monster Hunters** Thriller. (2020, 15, 88min) ★
2.00 PM FILM **500 MPH Storm** Disaster movie. (2013, PG, 86min) ★★
4.00 **Walker, Texas Ranger**
5.00 FILM **Coast of Skeletons** Adventure sequel. (1964, U, 90min) ★★
7.00 **Andromeda** 12/22. (S3)
8.00 **The A-Team** 7/23. (S2)
9.00 FILM **Battle: Los Angeles** Sci-fi adventure. (2011, 12, 116min) ★★★
10.50 FILM **Born to Raise Hell** Thriller. (2010, 18) ★★
1.15 AM FILM **The Most Dangerous Game** Thriller. (2022, 15, 95min) ★★
3.00 FILM **Coast of Skeletons** As 5.00pm.
5.00 **to 6.00** AM **Andromeda**

+1 hour 317 139

Blaze
156 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.45 **Pawn Stars**
7.30 **Full Custom Garage**
8.25 **Junk & Disorderly**
9.20 **Storage Wars Canada**
1.05 PM **Pawn Stars**
2.05 **Junk & Disorderly**
3.05 **Full Custom Garage**
4.05 **Ancient Aliens**
5.00 **Alien Files: Unsealed**
6.00 **Storage Wars Canada**
7.00 **Storage Wars: Texas**
8.00 **Dickinson's Real Deal**
9.00 **Chaos Uncut**
10.00 **Weird Britain** Andy visits Hertfordshire.
11.00 **The UnXplained with William Shatner**
12.00 M'T **Paranormal Survivor** Documentary.
1.00 AM **Alien Files: Unsealed**
2.00 **Mysteries from Above**
3.00 **Junk & Disorderly**
3.45 **Hardcore Pawn**
4.35 **Hardcore Pawn: Behind the Deal**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT
153 166 138 46 133 30

9.00 AM **Dogs Behaving (Very) Badly**
10.00 **Escaping Death Valley with Nick Knowles**
11.00 **Ben Fogle: New Lives in the Wild** Scotland.
12.00 NOON **All Creatures Great and Small** (S1)
1.00 PM **Murder, She Wrote**
3.00 **Columbo**
5.00 **America in Colour: The 1950s** The Space Race.
6.00 **Unwrapping King Tut: Secrets of the Mummy**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Taggart** *Babushka:* Reid and Jardine investigate the apparently motiveless murder of a well-to-do businessman.
11.45 **Ellis** 1/4. Drama with Sharon D Clarke. (S2)
12.45 AM **Billy Connolly: In His Own Words**
2.15 **Dogs Behaving (Very) Badly** Documentary.
3.10 **to 4.00** AM **America in Colour: The 1950s**

Challenge
130/131 159 139 48 142 43

7.00 AM **The Chase** Quiz.
9.00 **The Chase Celebrity Special** Quiz show.
10.00 **The Bidding Room**
11.00 **Dickinson's Real Deal**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **Classic Who Wants to Be a Millionaire?** Quiz.
5.00 **The Bidding Room**
6.00 **Tenable** Game show.
7.00 **The Chase Celebrity Special** Quiz show.
8.00 **The Chase** Double bill.
10.00 **The Chase Celebrity Special** Quiz show.
11.00 **Bullseye** Double bill.
12.00 M'T **Celebrity Who Wants to Be a Millionaire? Christmas Special** Quiz show.
1.00 AM **The Chase**
2.00 **The Chase Celebrity Special** Quiz show.
3.00 **The Chase** Quiz show.
4.00 **to 6.00** AM **Bullseye**

TLC
133/134 139 113/128 12 144 17

7.00 AM **Georgie and Mandy's First Marriage**
8.00 **Young Sheldon**
10.00 **The Big Bang Theory**
2.00 PM **Georgie and Mandy's First Marriage**
3.00 **Young Sheldon**
5.00 **The Big Bang Theory** Eight episodes of the comedy, including at:
8.30 22/24. Howard questions his own engineering abilities. (S8)
9.00 **90 Day Fiancé** New edition Debby and Mido get into a heated fight on moving day, Mallorie receives a text from an ex, and Paula is disappointed by Thomas' tiny apartment.
11.00 **Dr Pimple Popper**
12.00 M'T **Mike & Molly**
1.00 AM **Dr Pimple Popper**
2.00 **My 600lb Life**
4.00 **Say Yes to the Dress**
5.00 **to 6.00** AM **Say Yes to the Dress: Lancashire**

+1 hr 233/234 313/328 99

Comedy Central
112/113 135 132 345 360

8.00 AM **Mr Bean** (S1)
9.00 **Everybody Loves Raymond** (S8&9)
11.00 **The Upper Hand** (S1)
1.00 PM **Friends** (S2)
7.00 **Friends** 21/24. Chandler and Ross face two bullies.
7.30 22/24. Rachel has an eventful birthday.
8.00 23/24. Phoebe catches chickenpox.
8.30 24/24. Rachel's former fiancé Barry gets married. (S2)
9.00 **Michael McIntyre: Live & Laughing** Stand-up.
10.00 **Kerry Godliman: Bandwidth** Stand-up.
11.00 **Whose Line Is It Anyway? USA**
12.00 M'T **8 Out of 10 Cats Uncut** Double bill.
1.40 AM **Teachers** (S3)
2.10 **Utopia** 6/8. (S5)
2.45 **Reno 911!** 2/16. (S5)
3.10 **Key & Peele**
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra
127/128 136 154

6.00 AM **Everybody Loves Raymond** (S8)
6.50 **Modern Horror Stories**
7.00 **Teleshopping**
9.00 **Whose Line Is It Anyway? USA**
10.00 **Michael McIntyre's Big Show** As 7.00pm.
11.00 **Friends** (S1)
1.00 PM **Criminally Funny**
2.30 **Most Ridiculous**
3.30 **Takeshi's Castle**
4.00 **Impractical Jokers: The Inspired Unemployed**
5.00 **Everybody Loves Raymond** (S8)
7.00 **Michael McIntyre's Big Show** With Colin Cloud and Katherine Jenkins.
8.00 **The Upper Hand** (S1)
9.00 **Friends**
1.00 AM **Lee Evans: The Ultimate Experience**
2.50 **Michael McIntyre's Big Show** As 7.00pm.
3.40 **New Girl** (S4)
5.10 **to 6.00** AM **Everybody Loves Raymond**

That's TV
171 150 56 42

8.00 AM **Highlights**
10.10 **Bread** 7/14. (S5)
10.45 **Steptoe and Son** (S6)
11.25 **Oh, Doctor Beeching!**
11.55 **Rising Damp** 7/8. (S2)
12.30 PM **Man About the...**
1.00 **Goodnight Sweetheart**
1.40 **When the Boat Comes In** 13/13. Drama. (S2)
2.40 **Minder** 8/13. (S2)
3.45 **Just Good Friends** (S1)
4.20 **Man About the House**
4.55 **Bread** 7/14. (S5)
5.30 **Birds of a Feather** (S11)
6.00 **That's 60s**
6.15 **Rising Damp** 6/8. (S2)
6.45 **Steptoe and Son** (S7)
7.20 **Whatever Happened to the Likely Lads?** (S1)
7.55 **Minder** 12/13. (S8)
9.00 **Benidorm** 6/7. (S3)
9.55 **Shameless** 2/8. (S3)
10.55 **Man About the House**
11.25 **Mind Your Language**
11.55 **Benidorm** 6/7. (S3)
12.55 AM **Minder** 8/13. (S2)
2.00 **Duty Free** 3/7. (S3)
2.25 **to 5.00** AM **Highlights**

MTV
126/127 137 134 351 366

6.00 AM **Teen Cribs**
6.20 **16 and Pregnant**
7.10 **Bar Rescue**
8.00 **Judge Judy**
11.00 **Dallas Cowboys Cheerleaders**
12.00 NOON **Catfish: The TV Show** Double bill.
2.00 PM **Catfish: On the Run**
3.00 **Catfish: The TV Show**
4.00 **Judge Judy**
6.00 **Help! I'm in a Secret Relationship!**
7.00 **Beauty and the Geek Australia** Sophie makes the final pairings.
8.30 **Judge Judy** Real-life small-claims cases.
9.00 **Alice In Chains: MTV Unplugged**
10.00 **Tattoo Fixers** A man whose tribute to his mum went drastically wrong.
11.00 **Geordie Shore**
12.00 M'T **Ink Master: Angels**
1.00 AM **Ink Master**
2.45 **Ink Master Redemption**
3.35 **to 4.00** AM **Just Tattoo of Us USA**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Barnwood Builders**
9.00 **Gold Rush: White Water**
11.00 **Filthy Fortunes**
1.00 PM **Crikey! It's the Irwins**
3.00 **How It's Made: Dream Cars** Four editions, including at: **4.00** The Porsche 918 Spyder. **4.30** Aston Martin Vanquish.
5.00 **Alaska: Homestead Rescue** Poisoned soil hampers a Kentucky homestead. **6.00** The Raneys receive a dangerous request from a family in a Missouri flood zone.

10.00 Mystery at Blind Frog...

7.00 **Truck Dynasty** A returning customer from Texas wants a Ford Bronco converted into a boat-towing pickup.
8.00 **Gold Rush: Mine Rescue with Freddy & Juan** A BC miner is going broke on the banks of the gold-rich Fraser River.
9.00 **Expedition Files** New edition Josh Gates investigates the Kraken, Lake Lanier and the lost city of Atlantis.
10.00 NEW SERIES **Mystery at Blind Frog Ranch** When Duane Ollinger falls ill, Josh Feldman takes over the hunt for Aztec gold.
11.00 **Expedition X** The hosts look into claims that a dark force has spread to a nearby farm.
12.00 M'T **Caught!** Double bill.
1.00 AM **Expedition Files**
2.00 **Mystery at Blind Frog Ranch**
3.00 **Edge of Alaska**
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1hour 225/226 377

Animal Planet

162/175 141 178

8.00 AM **My Cat from Hell**
9.00 **Fish or Die**
10.00 **Tanked** A 24ft-long tank.
11.00 **Animal Cops Phoenix**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat who is holding female felines hostage. **4.00** A cat needs help to rebuild its confidence.
5.00 **Lone Star Law** An alligator is stuck in a residential area.
6.00 **Dr Jeff: Rocky Mountain Vet** A town that has become overwhelmed with feral cats.

1.00 Crikey! It's the Irwins

7.00 **Treehouse Masters** Pete Nelson and the team construct a thrill-seeker's dream treetop escape in Washington.
8.00 **Intruders** A mystery predator targets a Florida family's livestock, and a family find a venomous snake in the toilet.
9.00 **Alaska: The Last Frontier** Otto buries a giant water tank to solve shortage issues, and Eivin builds a survival motorbike.
10.00 **Alaskan Bush People: Book of Gabe** An in-depth interview with Gabe Brown, as winter arrives in Alaska.
11.00 **The Haunted** A woman's candle shop is invaded by the sound of screeching monkeys.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Alaska: Surviving the Last Frontier** Documentary.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Phoenix**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Air Crash Investigation**
10.00 **Engineering Europe**
11.00 **Car S.O.S** Double bill.
1.00 PM **Air Crash Investigation**
2.00 **Hitler Youth** 1/2. The story of the Nazi youth organisation. **3.00** 2/2. A look at the expansion of the organisation.
4.00 **Strangest Things** Marks on the mask of Tutankhamun.
5.00 **Sunken Treasures Revealed: Drain the Ocean** The wreckage of ships laden with treasure.
6.00 **Extreme China** One of China's underwater cave systems.

2.00 Hitler Youth

7.00 **Air Crash Investigation** The case of a plane that flew into a massive storm over Indonesia during the country's rainy season.
8.00 **World War II: The Apocalypse** Footage reveals how Jewish and Polish prisoners were forced into slave labour.
9.00 **World War II: The Apocalypse** Footage of the battles in Asia and the implementation of the Final Solution.
10.00 **Mega Marine Machines** At a Lake Erie recycling yard, a fire-damaged Great Lakes freighter arrives for its final job.
11.00 **Air Crash Investigation**
12.00 M'T **Inside Melbourne Airport** Documentary.
1.00 AM **To Catch a Smuggler**
2.30 **Trafficked with Mariana Van Zeller** Double bill of editions.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Curse of Skinwalker Ranch** Documentary.
6.30 **Pawn Stars** Four editions.
10.10 **Storage Wars**
12.00 NOON **History's Greatest Aircraft** A look at the Republic P-47 Thunderbolt.
1.00 PM **Ancient Aliens**
2.00 **Salvage Kings** Salvage man Ted explores an abandoned, treasure-laden wrecking yard.
3.00 **Hardcore Pawn** Six editions.
6.00 **American Pickers** Mike Wolfe has a once-in-a-lifetime brush with country music stardom.

10.00 Ancient Aliens

7.00 **Forged in Fire** The competitors forge a blade utilising metal sourced from household items.
8.00 **Secrets of Great British Castles** Dan Jones explores the history of the Welsh capital's landmark, Cardiff Castle.
9.00 **Royal B**tards: Rise of the Tudors** Edward IV dies unexpectedly, throwing the future of England in the air.
10.00 **Ancient Aliens** New edition Examining some of the world's UFO hot spots found along the California coast.
11.00 **Ancient Aliens** Mysterious figures that appear to be half-human and half-bird. **12.00** M'T Claims that numerous people claim they have been abducted by aliens.
12.55 AM **Hardcore Pawn** Six editions of the documentary.
3.40 **Ancient Aliens** As 10.00pm.
4.25 **American Pickers** As 6.00pm.
5.10 **to 6.00** AM **Pawn Stars**

Sky Documentaries

114/115 110/111 121 352 367

6.00 AM **The Seventies**
7.00 **Discovering: Sissy Spacek**
8.00 **The Directors**
9.00 **The Movies**
10.00 **Dave Not Coming Back**
12.00 NOON **Lance** 1&2/2. The rise and fall of Lance Armstrong.
4.00 PM **The Directors**
5.00 **Discovering: Sissy Spacek**
6.00 **Hill** Profile of ex-Formula One driver Damon Hill, revealing how he overcame the loss of his father Graham to follow in his footsteps and become world champion himself.

8.00 Becoming Madonna

7.45 **My Icon: Martin Offiah** The former rugby league superstar discusses the individuals that have inspired him.
8.00 **Becoming Madonna** Documentary charting Madonna's rise to stardom, drawing from a cache of recently uncovered audio tapes in which the singer reflected on her life and career.
10.00 **Ferrari: Race to Immortality** Documentary chronicling the early years of the Scuderia Ferrari racing team.
11.50 **I Am Heath Ledger** Documentary celebrating the life and work of the Australian actor, who died in 2008.
1.40 AM **Dettori** The story of arguably the world's greatest jockey, Frankie Dettori.
4.00 **The Directors** The life and work of Sergio Leone.
5.00 **to 6.00** AM **Discovering: Sissy Spacek**

7 PM
8 PM
9 PM
10 PM

Quest

140/141 149 128/137 17 145 18

6.00 AM **Salvage Hunters: The Restorers**
7.00 **Salvage Hunters**
9.00 **Aussie Gold Hunters**
11.00 **Outback Truckers**
1.00 PM **Johnny Vegas' Little Shop of Antiques**
2.00 **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
5.00 **The Yorkshire Auction House**
6.00 **Celebrity Yorkshire Auction House**
7.00 **Antiques Road Trip**
8.00 **Angus Ashworth: Yorkshire Heritage Hero** Angus Ashworth spends a weekend with the aristocratic owner of Thirsk Hall.
9.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Salvage Hunters**
3.00 **Salvage Hunters: The Restorers**
4.00 **to 5.00** AM **How It's Made**

+1hr 240/241 328/337 70

Quest Red

149 150 137/346 40 146 34

7.00 AM **Say Yes to the Dress: UK** Double bill.
8.00 **Curvy Brides Boutique**
10.00 **Disappeared**
11.00 **Judge Rinder's Crime Stories** Joanna Yeates.
12.00 NOON **Betrayed**
1.00 PM **Disappeared**
2.00 **Murder on CCTV**
3.00 **Nurses Who Kill**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** Debbie Davey.
8.00 **Murder on CCTV**
9.00 **People Magazine Investigates: Surviving a Serial Killer** New edition True-crime.
10.00 **Big Girls Wanted: Escaping Pearadise** New edition Assault allegations go viral.
11.00 **Murder on CCTV**
1.00 AM **Forensic Detectives**
2.00 **to 4.00** AM **Murder on CCTV**

+1hr 249 337/346 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder UK** The case of GP Harold Shipman.
8.00 **UK Crime Files: The Leanne Tiernan Murder** Simon Toyne investigates the abduction and murder of Leanne Tiernan.
9.00 **UK Crime Files: Secret Life and Public Death** Examining the 1988 murder of Danny Denbury in Newport.
10.00 **Murder by the Sea**
11.00 **New Scotland Yard Files**
12.00 M'T **UK Crime Files: The Leanne Tiernan Murder** As 8.00pm.
1.00 AM **UK Crime Files: Secret Life and Public Death** As 9.00pm.
2.00 **Murder by the Sea**
3.00 **Murder UK**
4.00 **to 5.45** AM **Close Calls: On Camera**

+1hour 246 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **UK Crime Files: Evil Walks the Streets**
9.55 **UK Crime Files: Murder Against All Odds**
10.45 **Teleshopping**
11.00 **Secrets of a Murder Detective** Eulin Hastings.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **UK Crime Files: Gangland Murders**
3.00 **UK Crime Files: Brides in the Bath Murders**
4.00 **Secrets of a Murder Detective** Terry Daddow.
5.00 **Medical Detectives** Blood evidence contradicts a man's story. **5.30** Finding the killer of a battered teenager. **6.00** A submerged car helps track the driver. **6.30** A reported suicide turns out to be worse.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
5.00 **to 6.00** AM **Medical Detectives**

Sky Crime

121/122 111/112 122 349 364

6.00 AM **Road Wars**
7.00 **Highway Cops**
8.00 **Britain's Longest Road**
9.00 **Caught Red Handed**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **Murder Uncut**
2.00 **World's Most Evil Killers**
3.00 **How I Caught the Killer**
4.00 **The Real Manhunter**
5.00 **Killer in My Village**
6.00 **Murders That Shocked the Nation**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **The Real CSI: Miami**
11.00 **Britain's Most Evil Killers**
12.00 M'T **World's Most Evil Killers** Joshua Wade.
1.00 AM **Murder Uncut**
2.00 NEW SERIES **Terror on Long Island** True crime.
3.00 **Britain's Most Evil Killers**
4.00 **Britain's Longest Road**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 221/222 322

PBS America

173 170 187 84 155 49

8.00 AM **Weathered**
8.35 **Paris: Stories from the City** The Pantheon.
9.35 **Agatha Christie's England** Documentary.
10.30 **Agatha Christie: 100...**
11.55 **10 Mistakes That...**
1.00 PM **Paris: Stories...**
2.00 **Agatha Christie's England** Documentary.
3.00 **Agatha Christie: 100...**
4.35 **10 Mistakes That Sank the Titanic**
5.40 **Paris: Stories from the City** The Pantheon.
6.40 **10 Mistakes That Sank the Titanic**
7.50 **Agatha Christie's England** Documentary.
8.50 **Agatha Christie: 100 Years of Poirot & Miss Marple** The writer's life.
10.20 **Weathered**
10.55 **Agatha Christie's England** As 7.50pm.
12.00 M'T **Agatha Christie: 100 Years of Poirot & Miss Marple** As 8.50pm.
1.30 **to 2.00** AM **Weathered**

Sky Nature

124/125 113/114 135 354 369

6.00 AM **Hope for Wildlife**
7.00 **Monkey Life**
8.00 **Orangutan Jungle School**
9.00 **Great Blue Wild**
10.00 **Mysteries of the Mekong**
11.00 **Africa's Hunters**
12.00 NOON **Africa's Wild Roommates: How Animals Share Bed and Board**
1.00 PM **Monkey Life**
2.00 **Orangutan Jungle School**
3.00 **Great Blue Wild**
4.00 **Mysteries of the Mekong**
5.00 **Africa's Hunters**
6.00 **Leopard Dynasty: The Rise of Rana** Documentary.
7.00 **Monkey Life** Double bill.
8.00 **Malawi Wildlife Rescue** The team release two servals.
9.00 **Wildlife ER**
10.00 **After the Wildfires**
11.00 **Africa's Hunters**
12.00 M'T **America's Wild Seasons**
1.00 AM **Hope for Wildlife**
2.00 **Malawi Wildlife Rescue**
3.00 **Wildlife ER** As 9.00pm.
4.00 **Orangutan Jungle School**
5.00 **to 6.00** AM **Great Blue Wild**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **Crimes That Shook Britain**
9.00 **Combat Ships**
10.00 **History's Greatest Aircraft**
11.00 **Ancient Aliens**
1.00 PM **Combat Trains**
6.00 **Ghost Ships**
7.00 **Crimes That Shook Britain** An insight into the crimes of Myra Hindley and Ian Brady, establishing the chronology of their acts and explaining why it took so long for the pair to be brought to justice
8.00 **Hitler's Engineers** The support Hitler gave to car designer Ferdinand Porsche.
9.00 **Alien Corridors** Possible alien activity in Sedona, Arizona.
10.00 **Evidence of the Unexplained** A look at UFO sightings, terrifying abductions and other bizarre occurrences, casting new light on historic cases.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Crimes That Shook Britain**
2.00 **Combat Ships**
5.00 **to 6.00** AM **Rust Valley Restorers**

Discovery Science

167 148 179

8.00 AM **How the Universe Works**
11.00 **Richard Hammond's Big**
12.00 NOON **Arctic Rescue**
1.00 PM **Cooper's Treasure**
3.00 **NASA's Unexplained Files**
6.00 **How Do They Do It?**
9.00 **Mummies Unwrapped** A missing mummified body could re-write the history of Abraham Lincoln's assassination.
10.00 **Secrets Underground** Rob Nelson investigates subterranean secrets from around the world, beginning with mysterious rocks at the bottom of Lake Michigan known as Underwater Stonehenge.
11.00 **Cooper's Treasure** Bad weather strikes treasure hunter Darrell Miklos as he makes his way along the Columbus trail, forcing him to put his gear to the ultimate test. **12.00** M'T Darrell attempts to decode a map created by ex-astronaut Gordon Cooper.
1.00 AM **NASA's Unexplained Files**
4.00 **to 6.00** AM **The Dino Hunters**

+1hr 267 379

Crime+Investigation

139/140 142 133

6.00 AM **The First 48**
7.00 **Homicide Hunter**
9.00 **Fugitives Caught on Tape**
9.30 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Nightmare in Suburbia**
2.00 PM **Green Eyed Killers**
3.00 **Sin City Murders**
6.00 **On the Case with Paula Zahn**
7.00 **The First 48**
8.00 **Green Eyed Killers** A mother is gunned down in a ruthless ambush by her obsessed ex.
9.00 **K9 PD with Jim Belushi** New editions A police dog chases after a suspect accused of stealing a car. **9.30** A dog shuts down a stand-off before it escalates.
10.00 **My Strange Arrest**
10.30 **Court Cam**
11.00 **Crime in Progress**
12.00 M'T **Britain's Darkest Taboos**
1.00 AM **Real Murders of Atlanta**
2.00 **Homicide Hunter**
3.00 **Imperfect Murder**
5.00 **to 6.00** AM **Green Eyed Killers**

+1hour 256 333

WILD

165 145 182

8.00 AM **Yukon Vet**
9.00 **Exotic Animal ER**
10.00 **Monster Fish of the Amazon**
11.00 **Fish Tank Kings**
12.00 NOON **Secrets of the Zoo: North Carolina** Documentary.
1.00 PM **Europe from Above**
2.00 **Peru's Wild Kingdom**
3.00 **Fish Tank Kings**
4.00 **Fish My City**
5.00 **Yukon Vet** Double bill.
7.00 **Secrets of the Zoo** A cheetah undergoes surgery never attempted before, and polar bear cubs learn to swim.
8.00 **Killer Safari** A look at how invisibility and stealth are a crocodile's secret weapons.
9.00 **Gorongosa: Paradise Reborn** The story of the greatest wildlife restoration effort in history.
10.00 **Northwoods Survival**
11.00 **Ultimate Airport Dubai**
12.00 M'T **Dutch Caribbean Coastguards** Documentary.
1.00 AM **Animals Gone Wild**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **Fish Tank Kings**

Discovery History

161/172 147 181

7.00 AM **World's Toughest Expeditions with James Cracknell** As 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **How the Universe Works** Experts investigate the science of dark matter.
1.00 PM **NASA's Unexplained Files**
2.00 **Alien Highway**
3.00 **Expedition Unknown**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **World's Toughest Expeditions with James Cracknell** James visits South Africa to follow the journey of Dr David Livingstone.
9.00 **Legendary Locations**
10.00 **How Do They Do It?**
11.00 **Combat Dealers**
12.00 M'T **How the Universe Works**
1.00 AM **Mysteries at the Museum**
3.00 **Expedition X**
4.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 71

9.00 AM **Incredible Journeys with Simon Reeve** Four editions.
1.00 PM **Incredible Journeys with Simon Reeve** Four editions.
5.00 PM **Bread**
7.00 **Bread** 1/6. First episode of Carla Lane's comedy. Joey tries to claim an incontinence allowance for Grandad. **7.40** 2/6. Billy decides to buy a ring for wife Julie. However, he learns that opals are symbolic of bad fortune and determines to get rid of it. **8.20** 3/6. Freddie returns to the family home after being shunned by his mistress. (S1) **9.00** 11/14. Adrian's poetry is to be published, much to the delight of his Italian girlfriend. **9.40** 12/14. Nellie arranges to meet her admirer in the park. **10.20** 13/14. Mrs Boswell is about to celebrate her birthday when she receives some shattering news. (S6)
11.00 **Bread**
5.35 **to 6.00** AM **Villages by the Sea**

+1hour 266 376

ID

154 140 166

8.00 AM **Faking It: Tears of a Crime**
12.00 NOON **Where Murder Lies**
1.00 PM **American Monster**
3.00 **Evil Lives Here**
7.00 **Still a Mystery** A young woman acts erratically at a restaurant and police take her into custody. They release her in the middle of the night – and she vanishes. **8.00** A case in which a bride-to-be vanished weeks before her wedding. Suspicion centred on her fiancé and ex-boyfriend before investigators switched focus to a co-worker.
9.00 **The Real Murders on Elm Street** The day before Christmas Eve, police find two women bound and suffocated.
10.00 **Spooked Scotland** Gail Porter and the crew visit 17th-century mansion Bannockburn House.
11.00 **Portals to Hell** Restless spirits at a museum in Massachusetts. **12.00** M'T A bar in Kentucky.
1.00 AM **Kindred Spirits**
2.00 **Evil Lives Here**
4.00 **to 6.00** AM **Still a Mystery**

+1hour 254 366

Discovery Turbo

158 146 180

7.00 AM **How Do They Do It?**
8.00 **Motor Pickers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Richard Hammond's Workshop**
12.00 NOON **Roadworthy Rescues**
1.00 PM **Garage Rehab**
2.00 **Ant Anstead: Born Mechanic**
3.00 **The Explosion Show**
4.00 **Salvage Hunters: Classic Cars**
5.00 **Iron Resurrection**
6.00 **Wheeler Dealers World Tour**
7.00 **Shed and Buried**
8.00 **Iron Resurrection** 2/2. The owner of the 1936 Ford Coupe finally gets to drive the vehicle.
9.00 **Outback Truckers** A 30-truck convoy delivers supplies to drought-stricken King Island.
10.00 **The Explosion Show**
11.00 **Shed and Buried: Classic Cars**
12.00 M'T **Iron Resurrection**
1.00 AM **Richard Hammond's Workshop** Richard redesigns his horsebox into an RV.
2.00 **Iron Resurrection**
3.00 **to 4.00** AM **Wheeler Dealers**

+1hour 258

Films

Sky Cinema Premiere

301 301 401 501 515

7.00 AM **PREMIERE Grand Prix...**
8.40 **The SpongeBob Movie...**
10.25 **Civil War** As 11.25pm.
12.25 PM **They Will Kill You** Horror comedy. (2025, 15) ★★★
2.05 **Mile End Kicks** Comedy. (2025, 15, 111min) ★★★★
4.00 **PREMIERE Grand Prix of Europe** Animated animal adventure. (2025, U, 98min)
5.40 **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★

4.00 Grand Prix of Europe

7.20 **LifeHack** Cyber thriller starring Georgie Farmer, Yasmin Finney and Roman Hayeck-Green. (2025, 15, 97min)

9.00 **PREMIERE Lee Cronin's The Mummy** Supernatural horror starring Jack Reynor and Laia Costa. The young daughter of a journalist disappears into the desert without trace – only to return eight years later. (2026, 18, 134min) ★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Civil War** Action thriller starring Kirsten Dunst. (2023, 15, 109min) ★★★★
1.25 AM **Strung** Thriller starring Chloe Bailey and Lucien Laviscount. (2026, 15, 119min)
3.35 **Sisu: Road to Revenge** Action sequel. Partly subtitled. (2025, 15, 89min) ★★★★
5.15 **to 7.00** AM **The Internship** Crime thriller starring Lizzy Greene. (2026, 15, 87min)

Sky Cinema Hidden Gems

303 303 403 503 517

6.00 AM **The Cinema List**
6.20 **On Swift Horses** As 3.00am.
8.20 **The Craft** Supernatural horror. (1996, 15, 101min) ★★★
10.15 **Roofman** As 8.00pm.
12.30 PM **Black Bag** Spy thriller. (2024, 15, 94min) ★★★★
2.15 **The Girl on the Train** Thriller. (2016, 15, 107min) ★★★★
4.15 **The Ballad of Wallis Island** Comedy. (2025, 12) ★★★★
6.00 **Seven Psychopaths** Comedy thriller. (2012, 15) ★★★★

6.00 Seven Psychopaths

8.00 **Roofman** Comedy drama starring Channing Tatum. A fugitive hides in a toy shop while on the run from the police, and gets into a relationship with a female employee. With Kirsten Dunst and Peter Dinklage. (2025, 15, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Inglourious Basterds** Quentin Tarantino's darkly comic World War Two action movie starring Brad Pitt, Mélanie Laurent and Christoph Waltz. (2009, 18, 153min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **The Alto Knights** Fact-based crime drama starring Robert De Niro. (2024, 15, 123min) ★★★
3.00 **On Swift Horses** Drama starring Daisy Edgar-Jones, Jacob Elordi and Will Poulter. (2024, 15, 119min) ★★★
5.00 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Turn Me On** As 4.20am.
7.50 **All Is True** Ben Elton-scripted drama. (2018, 12, 101min) ★★★
9.40 **The Room Next Door**
11.30 **Footloose** Teen dance drama remake. (2011, 12, 113min) ★★★
1.30 PM **Joker: Folie à Deux** Musical thriller starring Joaquin Phoenix. (2024, 15, 138min) ★★★★
3.50 **True Grit** Western remake. (2010, 15, 110min) ★★★★
5.45 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
8.00 **Catch Me If You Can** Steven Spielberg's fact-based crime adventure starring Leonardo DiCaprio and Tom Hanks. (2002, 12, 141min) ★★★★★
10.25 **About Time** Romantic comedy fantasy from writer-director Richard Curtis, starring Domhnall Gleeson, Rachel McAdams and Bill Nighy. (2013, 12, 120min) ★★★
12.35 AM **The Room Next Door** Drama starring Tilda Swinton. (2024, 12, 102min) ★★★★
2.35 **Plainclothes** Romantic thriller. (2025, 15, 95min) ★★★
4.20 **to 6.05** AM **Turn Me On** Fantasy comedy starring Bel Powley. (2024, 15, 99min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.10 AM **If You Were the Last**
7.45 **The Lawnmower Man** Sci-fi thriller. (1992, 15, 105min) ★★★
10.15 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★
12.05 PM **The Last Starfighter**
1.55 **Ghostbusters II** Action comedy sequel. (1989, PG, 99min) ★★★
3.55 **Sinners** Horror starring Michael B Jordan and Miles Caton. (2025, 15, 132min) ★★★★
6.15 **10 Cloverfield Lane** Thriller starring Mary Elizabeth Winstead and John Goodman. (2016, 12, 103min) ★★★★
8.00 **Get Out** Thriller starring Daniel Kaluuya and Allison Williams. After a photographer and his girlfriend visit her parents, he suspects there is more to the locals than meets the eye. (2017, 15, 104min) ★★★★★
9.50 **Smile 2** Horror sequel starring Naomi Scott and Kyle Gallner. (2024, 18, 127min) ★★★★
12.00 M'T **Presence** Horror thriller. (2024, 15, 84min) ★★★★
1.30 AM **The Exorcist** Occult chiller. (1973, 18, 121min) ★★★★★
3.35 **The Last Starfighter** Adventure. (1984, PG, 100min) ★★★
5.25 **to 7.10** AM **If You Were the Last** Sci-fi comedy. (2023, 15) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

304 304 406 506 519

7.15 AM **Shark Tale** As 3.15am.
8.55 **PREMIERE** **Grand Prix of...**
10.45 **Free Willy** As 7.55pm.
12.45 PM **The SpongeBob Movie: Search for SquarePants** Animation. (2025, PG) ★★★
2.20 **PREMIERE** **Grand Prix of Europe** Animated animal adventure. (2025, U, 98min)
4.00 **Transformers One** Animation. (2024, PG, 104min) ★★★★
6.00 **Sonic the Hedgehog 3** Fantasy. (2024, PG, 110min) ★★★

7.55 Free Willy

7.55 **Free Willy** Adventure starring Jason James Richter as a troubled 12-year-old boy who tries to free a whale from a marine park. With Lori Petty, Michael Madsen and Jayne Atkinson. (1993, U, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Jackie Chan's The Tuxedo** Spoof action comedy starring Jackie Chan, Jennifer Love Hewitt, Jason Isaacs. (2002, 12, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **Teenage Mutant Ninja Turtles** Fantasy adventure. (2014, 12, 101 min) ★★
1.20 AM **Teenage Mutant Ninja Turtles: Out of the Shadows** Fantasy adventure sequel. (2016, 12, 112min) ★★★
3.15 **Shark Tale** Animated comedy. (2004, U, 90min) ★★★★
4.50 **Cinema List: Family Favourites**
5.20 **to 6.55** AM **The Pirates! In an Adventure with Scientists** Animation. (2012, U) ★★★★

Sky Cinema Action

306 306 407 507 521

6.30 AM **Venom: The Last Dance** Fantasy. (2024, 15) ★★★
8.30 **Green Lantern** Adventure. (2011, 12, 114min) ★★
10.40 **William Tell** Historical drama. (2025, 15, 133min) ★★★
1.10 PM **Kraven the Hunter** Fantasy action adventure. (2024, 15, 127min) ★★★
3.30 **Gladiator II** Drama sequel. (2024, 15, 148min) ★★★
6.05 **Skyscraper** Action thriller. (2018, 12, 102min) ★★★

10.05 Enter the Dragon

8.00 **xXx** Espionage action thriller starring Vin Diesel as a rebellious extreme sports fanatic who is recruited by America's secret services and sent to Prague on a dangerous mission. With Samuel L Jackson and Asia Argento. (2002, 12, 124min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Enter the Dragon** Action thriller starring Bruce Lee as an undercover agent who infiltrates a martial arts competition on an island fortress. With John Saxon. (1973, 18, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Wonder Woman** Fantasy adventure starring Gal Gadot. (2017, 12, 121 min) ★★★★
2.20 AM **300: Rise of an Empire** Fantasy adventure sequel. (2014, 15, 100min) ★★★
4.05 **to 6.00** AM **Novocaine** Action comedy starring Jack Quaid. (2024, 15, 80min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.20 AM **Honey Don't!** Comedy thriller. (2025, 15, 89min) ★★★
8.55 **Blades of Glory** As 6.20pm.
10.40 **The Whole Nine Yards** Black comedy. (2000, 15) ★★★
12.25 PM **My Girl** Comedy drama. (1991, PG, 105min) ★★
2.15 **Anchorman 2: The Legend Continues** (2013, 15) ★★
4.15 **The Intern** Comedy. (2015, 12, 121min) ★★★★
6.20 **Blades of Glory** Comedy. (2007, 12, 93min) ★★★

9.50 Beetlejuice Beetlejuice

8.00 **Central Intelligence** Action comedy starring Dwayne Johnson and Kevin Hart. A rogue CIA agent turns to an old classmate for help when he is targeted by his own organisation. (2016, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Beetlejuice Beetlejuice** Horror comedy sequel starring Michael Keaton. The mischievous demon is summoned once more when Delia Deetz returns to Winter River. (2024, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Team America: World Police** Spoof of action movies. (2004, 15, 98min) ★★★★
1.20 AM **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
3.10 **Mamma Mia! Here We Go Again** Musical sequel. (2018, PG, 114min) ★★★★
5.05 **to 6.55** AM **Central Intelligence** As 8.00pm.

Sky Cinema Thriller

309 309 409 509 523

7.00 AM **Sky Cinema Preview**
7.35 **The Bourne Supremacy** Spy thriller. (2004, 12) ★★★★
9.30 **The Bourne Ultimatum** Spy thriller. (2007, 12) ★★★★
11.30 **The Bourne Legacy** Thriller. (2012, 12, 129min) ★★★
1.55 PM **Trap** Crime thriller. (2024, 15, 105min) ★★★★
3.45 **Ocean's Eleven** Caper thriller. (2001, 12, 116min) ★★★★
5.50 **Ocean's Twelve** Thriller sequel. (2004, 12, 125min) ★★★★

11.45 The Firm

8.00 **Civil War** Action thriller starring Kirsten Dunst. In a dystopian America, a team of journalists race to the White House before a faction of rebels get there. With Wagner Moura, Nick Offerman and Cailee Spaeny. (2023, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Snatch** Guy Ritchie's crime comedy starring Jason Statham, Benicio Del Toro and Brad Pitt. A group of British crooks plan to steal a diamond from a US mobster. (2000, 18, 102min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Firm** Legal thriller. (1993, 15, 155min) ★★★
2.25 AM **Chinatown** Director Roman Polanski's thriller. (1974, 15, 131 min) ★★★★★
4.40 **to 6.30** AM **Maggie Moore(s)** Comedy thriller starring Jon Hamm and Nick Mohammed. (2023, 15, 99min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Violent Men** Western. (1955, PG, 96min) ★★★
12.55 PM **The Heiress** Romance. (1949, b/w, U, 115min) ★★★★
3.15 **River of No Return** Western. (1954, PG, 91 min) ★★★
5.05 **Sailor of the King** World War Two drama with Jeffrey Hunter. (1953, b/w, U, 85min) ★★★
6.50 **Flight of the Phoenix** Action adventure with Dennis Quaid. (2004, 12, 113min) ★★★

11.10 Bad Boys for Life

Flight of the Phoenix (film started at 6.50pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Equalizer 3** Action thriller sequel starring Denzel Washington and Dakota Fanning. Former government assassin Robert McCall takes on the mafia in southern Italy. With Eugenio Mastrandrea and David Denman. (2023, 15, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.10 **Bad Boys for Life** Action comedy sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. (2020, 15, 124min) ★★★
1.35 **to 3.45** AM **Empire State** Thriller starring Ray McAnally and Cathryn Harrison. (1987, 18, 104min) ★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema 2026 Recap

302 302 402 502 516

7.00 AM **The Plague** Thriller. (2025, 15, 98min) ★★★★
8.45 **Adulthood** Comedy drama. (2025, 15, 97min) ★★★
10.30 **Beast of War** As 6.30pm.
12.00 NOON **Icefall** As 1.05am.
1.45 PM **One Battle After Another**
4.30 **28 Years Later** Horror sequel. (2025, 15, 115min) ★★★★
6.30 **Beast of War** Horror thriller. (2025, 15, 87min) ★★★★

8.00 **Jurassic World: Rebirth** Fantasy adventure starring Scarlett Johansson. A crack team infiltrates a forbidden island to collect the DNA of three key dinosaur species. (2025, 12, 133min) ★★★
10.20 **One Battle After Another** Oscar-winning thriller starring Leonardo DiCaprio. A washed-up revolutionary scrambles to find his missing daughter when his evil nemesis resurfaces. (2025, 15, 161 min) ★★★★★

1.05 AM **Icefall** Thriller starring Joel Kinnaman and Cara Jade Myers. (2025, 15, 95min) ★★★
2.45 **Him** Supernatural horror starring Marlon Wayans and Tyriq Withers. (2025, 18, 96min) ★★★
4.25 **to 6.00** AM **Safe House** Thriller. (2025, 15, 90min) ★★★

Sky Cinema Greats

307 307 404 504 518

7.30 AM **Caddyshack** As 12.50am.
9.10 **The Cable Guy** As 4.40pm.
10.50 **Trading Places** Comedy. (1983, 15, 116min) ★★★★★
12.50 PM **You've Got Mail** Comedy. (1998, PG, 114min) ★★★
2.50 **Sleepless in Seattle** Romantic comedy starring Jim Carrey. (1993, PG, 105min) ★★★★★
4.40 **The Cable Guy** Black comedy. (1996, 12, 96min) ★★★★

6.20 **Look Who's Talking** Comedy. (1989, 12, 96min) ★★★
8.00 **Look Who's Talking Too** Comedy sequel starring John Travolta and Kirstie Alley. (1990, 12, 77min) ★
9.25 **Look Who's Talking Now** Comedy sequel starring John Travolta and Kirstie Alley. (1993, 12, 95min) ★
11.05 **National Lampoon's Vacation** Comedy. (1983, 15, 95min) ★★
12.50 AM **Caddyshack** Comedy. (1980, 15, 95min) ★★★

2.30 **Gremlins 2: The New Batch** Horror comedy fantasy sequel. (1990, 12, 107min) ★★★
4.20 **Liar Liar** Comedy starring Jim Carrey. (1997, 12, 86min) ★★★★
5.50 **to 7.30** AM **MouseHunt** Slapstick comedy with Nathan Lane. (1997, PG, 98min) ★★★★

Disney+ Cinema

305 305

6.00 AM **The Tigger Movie** Cartoon. (2000, U, 77min) ★★★
7.25 **The Parent Trap** Comedy. (1998, PG, 122min) ★★★
9.35 **Up** Animated adventure. (2009, U, 96min) ★★★★★
11.15 **Duck Tales the Movie: Treasure of the Lost Lamp** Animation. (1990, U) ★★★
12.30 PM **Monsters, Inc** Animation. (2001, U, 95min) ★★★★★

2.05 **WALL•E** Animated adventure. (2008, U, 98min) ★★★★★
3.45 **The Chronicles of Narnia: The Lion, The Witch and The Wardrobe** Fantasy adventure. (2005, PG, 140min) ★★★★
6.10 **Diary of a Wimpy Kid: Dog Days** Family comedy sequel. (2012, U, 90min) ★★★
7.45 **Inspector Gadget** Live-action adaptation of the cartoon series. (1999, U, 77min) ★★★
9.00 **The Omen** Occult horror thriller remake. (2006, 15, 110min) ★★

10.50 **Flightplan** Suspense thriller. (2005, 12, 98min) ★★★★
12.30 AM **Black Swan** Psychological thriller. (2010, 15, 108min) ★★★
2.25 **28 Weeks Later** Horror sequel. (2007, 18, 99min) ★★★★
4.05 **to 6.00** AM **The Princess Diaries** Comedy. (2001, U) ★★★

Movies 24

312 313 419

7.00 AM **A Christmas Less Travelled** Drama. (2024, PG, 90min) ★★
9.00 **Sugarplummed** Romantic drama. (2024, PG, 90min) ★★
11.00 **Christmas on Duty** Romantic drama. (2025, PG, 89min) ★★
1.00 PM **The Snow Must Go On** Drama. (2025, PG, 90min) ★★
3.00 **A Very Vermont Christmas** Festive drama starring Katie Leclerc. (2024, PG, 88min) ★★

5.00 **Christmas at the Catnip Cafe** Festive romantic drama. (2025, PG, 90min) ★★
7.00 **Happy Holidays from Cherry Lane** Festive drama anthology sequel starring Julie Gonzalo. (2024, PG, 90min) ★★
9.00 **The Christmas Classic** Festive romantic comedy starring Malin Akerman and Ryan Hansen. (2023, PG, 86min) ★★
11.00 **Time for Him to Come Home for Christmas** Romantic drama. (2022, PG, 84min) ★★

1.00 AM **Single on the 25th** Festive drama. (2025, PG, 90min) ★★
3.00 **to 5.00** AM **Season's Greetings from Cherry Lane** Festive drama anthology sequel. (2024, PG, 84min) ★★

Movies 24+ 315/329 314 420

Talking Pictures

324 445 82 306 36

6.00 AM **I Lived with You** Romance. (1933, b/w, U, 100min) ★★★
7.55 **Cinebox Memories**
8.00 **You Pay Your Money** Thriller. (1957, b/w, U, 68min) ★
9.15 **Hindle Wakes** (1952, PG) ★★
11.00 **The Lucy Show** 5/22. (S5)
11.30 **Stage 7** 19/25. (S1)
12.00 NOON **Danger UXB** 2/13. (S1)
1.05 PM **Edgar Wallace Mystery Theatre** *The Rivals:* 8/9. (S4)

2.15 **The Adventures of Robin Hood**
2.45 **Two-Way Stretch** Vintage comedy starring Peter Sellers. (1959, b/w, U, 87min) ★★★★★
4.30 **The Cheaters** 6/27. (S2)
5.00 **A Family at War** 9/13. (S1)
6.00 **Hannay** 3/7. (S2)
7.00 **Z Cars** 24/42. (S3)
8.00 **Public Eye** 9/13. (S5)
9.05 **Suspect** Courtroom drama. (1987, 15, 121 min) ★★★
11.30 **Cellar Club with Caroline Munro**
11.35 **Supernatural** 1/8. (S1)
12.35 AM **Cellar Club with Caroline...**

12.40 **Nosferatu the Vampyre** Remake of FW Murnau's vampire classic. (1979, 15, 107min) ★★★★
2.50 **Cellar Club with Caroline Munro**
2.55 **The Case of the Frightened Lady** Drama. (1983, PG) ★★★
4.30 **The Vise** 7/39. (S1)
5.00 **to 6.00** AM **The Rogues**

Friday

Sky Sports Main Event

401 401 501 419 439

6.30 AM **World Cup Report**
7.00 **World Cup Breakfast**
10.00 **World Cup Matchday**
11.00 **The F1 Show**
12.00 NOON LIVE **Formula 1** The British Grand Prix practice session.
1.55 PM LIVE **Formula 3** Coverage of the British Grand Prix qualifying session staged at Silverstone.
2.40 **Ted on Kimi Antonelli**
2.50 LIVE **Formula 2** The British Grand Prix qualifying session.
3.35 LIVE **Formula 1** Coverage of the British Grand Prix sprint qualifying session at Silverstone.
5.55 **Flying Lap: Silverstone**
6.00 **World Cup Matchday**
6.30 LIVE **Vitality T20 Blast Cricket** Notts Outlaws v Lancashire Lightning. Coverage of the North Group match from Trent Bridge.
10.00 LIVE **PGA Tour Golf** Day two of the John Deere Classic staged at TPC Deere Run in Silvis, Illinois.
12.00 M'T **World Cup Report**
2.30 **to 6.00** AM LIVE **Major League Cricket** LA Knight Riders v Texas Super Kings. Coverage of the T20 match.

Sky Sports Premier League

402 402 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Review**
9.00 **FNF** Action from Leeds United v West Ham United at Elland Road.
9.30 **Premier League Highlights**
10.30 **SNF** Action from Manchester United v Brighton & Hove Albion.
11.00 **Premier League Highlights**
4.00 PM **SNF** Tottenham v Chelsea.
4.30 **Premier League Highlights** West Ham United v Newcastle United at London Stadium. **5.00** Manchester City v Bournemouth at Etihad Stadium.
5.30 **MNF Hlts** Sunderland v Everton.
6.00 **Premier League Review**
7.00 **Premier League Stories** Celebrating the life of Diogo Jota.
7.30 **Transfer 360** A look back at transfers involving Michael Carrick and Dimitar Berbatov.
8.00 **Netbusters** Fast-paced highlights.
9.00 **Premier League Review** Action from the ninth round of fixtures. **10.00** The 10th round of fixtures.
11.00 **Premier League Years** A look back at the 2024/25 season.
1.00 AM **PL Retro** A chance to see Liverpool v Newcastle from 1996.
3.30 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 503 421 441

6.00 AM **EFL Cup** The 2010 final.
8.00 **SPFL** Archive highlights.
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **Championship Season Review**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 NOON **EFL Cup Retro**
2.00 PM **1983: When Aberdeen Ruled Europe** Documentary.
3.00 **SPFL Greatest Games**
3.30 **EFL Greatest Games**
4.00 **EFL** Blackpool v Cardiff City in the 2009/10 Championship play-offs.
5.30 **EFL Greatest Games**
6.00 **Championship Retro** Charlton Athletic v Sunderland in the 1998 Championship play-off final.
8.45 **EFL Greatest Games**
9.00 **SPFL Greatest Games**
9.30 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **SPFL Greatest Games**
11.30 **EFL Greatest Games**
12.00 M'T **Championship Retro**
2.00 AM **EFL Greatest Games**
3.00 **SPFL Highlights**
3.30 **EFL Greatest Games**
4.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **The Story of Frank Soo**

Sky Sports Cricket

405 405 505 422 442

6.00 AM LIVE **Major League Cricket** Seattle Orcas v MI New York.
6.30 **Women's World Cup**
7.00 **Women's World T20 Classics**
8.00 **Women's World Cup**
12.00 NOON **Best of WT20**
12.30 PM **Women's World Cup**
1.30 **Women's World Cup 2017**
2.00 **International T20 Cricket**
2.25 LIVE **Women's Vitality T20 Blast** The Blaze v Surrey. Coverage of the T20 match from Trent Bridge.
6.00 **Best of WT20**
6.25 LIVE **Vitality T20 Blast Cricket** Notts Outlaws v Lancashire Lightning. The North Group match from Trent Bridge, Nottingham.
10.00 **Women's World Cup**
11.00 **International T20 Cricket**
11.30 **Women's World Cup**
12.30 AM **Women's World Cup 2017** England v India.
1.00 **Women's World Cup**
2.00 **Best of ICC WT20**
2.15 **to 6.00** AM LIVE **Major League Cricket** LA Knight Riders v Texas Super Kings. Coverage of the T20 match.

Sky Sports Golf

406 406 506 423 443

6.00 AM **Rose Ladies Series**
6.30 **PGA Tour Champions**
7.30 **PGA Tour Learning Centre**
8.00 **PGA Tour Golf** Highlights.
11.30 LIVE **DP World Tour Golf** Day two of the BMW International Open.
5.00 PM LIVE **PGA Tour Golf** Day two of the John Deere Classic.
12.00 M'T **HotelPlanner Tour Golf**
12.30 AM **Rose Ladies Series**
1.00 **Golf Academy** Expert tips.
2.00 **PGA Tour Golf** Highlights.
3.00 **The Open – Official Films**
4.00 **School of Golf**
5.00 **to 6.00** AM **Tee Time Tips**

Sky Sports Tennis

408 408 508 425 445

6.00 AM **Tennis** Italian Open review.
7.00 **ATP & WTA Tour Classics**
8.00 **Best of Federer**
9.00 **ATP & WTA Tour Classics**
10.00 **Best of Serena Williams**
11.00 **WTA & ATP Tennis**
3.30 PM **US Open Classic Matches**
5.30 **WTA Tennis** Miami Open review.
6.00 **Best of Federer**
8.00 **Best of Serena Williams**
9.00 **US Open Classic Matches**
11.00 **WTA & ATP Tennis**
3.00 AM **Best of Serena Williams**
5.00 **to 6.00** AM **ATP & WTA Tour Classic Matches**

TNT Sports 1

410 413 521 408 430

6.00 AM **MLB Plays of the Week**
6.30 **Ultimate Pool** Recent action.
8.00 **MotoGP Highlights**
9.00 LIVE **Formula E** The Shanghai ePrix first free practice session.
10.00 **TNT Sports Reload**
10.30 LIVE **AFL** Sydney Swans v Western Bulldogs. Bounce-up **10.40am**.
1.30 PM **MLB Highlights**
2.30 **MotoGP Highlights**
3.30 **The Cycling Show**
4.00 LIVE **UCI Mountain Bike World Series** The elite cross country short track races in Italy.
6.15 **The Gruppetto** Cycling news.
6.30 **Ultimate Pool** Recent action.
8.00 **MLB Highlights**
9.00 LIVE **MLB** Chicago Cubs v St Louis Cardinals. Start-time **9.05pm**.
12.00 M'T LIVE **MLB** Atlanta Braves v New York Mets. Start-time **12.15am**.
3.00 AM **MotoGP Rewind**
3.15 **TNT Sports Reload**
3.30 **Discovery Golf**
4.00 **to 7.00** AM LIVE **AFL** Hawthorn Hawks v Melbourne Demons. Bounce-up **4.15am**.

TNT Sports 2

411 414 522 409 431

6.00 AM **AFL** Recent action.
7.30 **Wimbledon** The fourth day.
9.00 **The Cycling Show**
9.30 **Discovery Golf**
10.00 **Fishing: On the Bank**
11.00 LIVE **AFL** West Coast Eagles v Adelaide Crows. From Optus Stadium in Perth. Bounce-up **11.10am**.
2.00 PM **The Cycling Show**
2.30 **The Gruppetto** Cycling news.
2.45 LIVE **Test Cricket** West Indies v Sri Lanka. The first day of the second and final Test in the series from Sir Vivian Richards Stadium in Antigua.
11.00 **TNT Sports Cricket Reload** Ireland v India in the T20 series.
11.30 **TNT Sports Reload**
12.00 M'T LIVE **MLB** Atlanta Braves v New York Mets. Coverage of the National League match staged at Truist Park. Start-time **12.15am**.
3.00 AM **MLB Plays of the Week**
3.30 **UFC Main Event**
4.30 **to 7.30** AM LIVE **AFL** GWS Giants v Fremantle Dockers. Coverage from Corroboree Group Oval Manuka in Canberra. Bounce-up **4.35am**.

Sky Sports Action

412 410 510 426 446

6.00 AM **Super League**
9.00 **Zuffa Boxing** Edwin De Los Santos v José Valenzuela.
10.00 **Super Bowl LX Highlights**
11.00 LIVE **NRL** Penrith Panthers v South Sydney Rabbitohs. Coverage of the match from the 18th round of fixtures held at CommBank Stadium. Kick-off **11.00am**.
1.00 PM **Good Morning Football**
3.00 **NFL Highlights**
4.00 **Super League Highlights**
4.45 **World Club Challenge**
5.00 **NFL Bitesize Highlights**
5.30 **Super League Highlights**
6.00 **NBA Basketball** Los Angeles Lakers v Golden State Warriors. **8.00** A replay of Los Angeles Lakers v Oklahoma City Thunder.
10.00 **NBA on Fire** The latest news.
10.30 **Super League Highlights**
10.45 **World Club Challenge**
11.00 **NFL Highlights**
12.00 M'T **The Insiders** NFL news.
1.00 AM **Women's Super League**
1.30 **World Club Challenge**
1.45 **Super League Highlights**
2.00 **Super League** Castleford Tigers v Wakefield Trinity from 2025.
4.45 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

404 404 504 427 447

6.00 AM **World Cup Report**
7.00 **World Cup Breakfast**
10.00 **World Cup Matchday**
12.45 PM LIVE **PGA Tour Golf** Day two of the John Deere Classic at TPC Deere Run in Silvis, Illinois. American goflers have dominated this event over the last 20 years with 17 of the last 20 winners coming from the United States. Previous American players to win this tournament include Bryson DeChambeau, Jordan Spieth, Zach Johnson and Steve Stricker.
4.00 LIVE **US Seniors Tour Golf** Coverage of day two of the U.S. Senior Open staged at Scioto Country Club, in Columbus, Ohio. Padraig Harrington is the reigning champion at this event and will become just the second player to win the tournament three times if he comes out on top this year.
7.00 **World Cup Report**
10.00 LIVE **US Seniors Tour Golf** Further coverage of day two of the U.S. Senior Open in Ohio.
12.00 M'T **EFL Greatest Games**
1.00 AM **Premier League Darts**
4.30 **to 6.00** AM **FL Greatest Games**

Sky Sports Mix

416 412 511 429 449

6.00 AM **EFL Greatest Games**
7.00 **Women's T20 World Cup**
8.00 **Test Cricket** England v N Zealand.
9.00 LIVE **PGA Tour Golf** The first day of the Arnold Palmer Cup.
1.00 PM **Women's PGA Championship** The fourth day.
2.00 **ATP Tennis** Indian Wells Open.
3.00 LIVE **Ladies European Tour Golf** Day two of the Hulencourt Women's Open from Belgium.
6.00 **Women's T20 World Cup**
7.00 **The F1 Show** British Grand Prix.
8.00 LIVE **Indycar** Honda Indy 200 at Mid-Ohio first practice session.
9.30 **F1 Academy** From Canada.
10.00 **EFL Greatest Games**
10.30 **State of Origin Rugby League**
11.30 **EFL Greatest Games**
12.00 M'T **One Championship Weekly**
12.30 AM **EFL Greatest Games**
1.00 **NBA Basketball**
3.00 **One Championship Weekly**
3.30 **EFL Greatest Games**
3.45 LIVE **NRLW** Gold Coast Titans v Sydney Roosters. Kick-off **3.45am**.
5.45 **to 6.00** AM **PL Greatest Games**

TNT Sports 3

413 415 523 410 432

6.00 AM **Premier League**
3.00 PM **Premier League** Arsenal v Wolverhampton Wanderers. **4.30** Newcastle United v Chelsea.
6.00 **Sign Up – Into Football**
7.00 **AFL** Another chance to see Sydney Swans v Western Bulldogs. **8.30** A chance to see West Coast Eagles v Adelaide Crows.
10.00 **Wimbledon** The fifth day.
11.30 **UCI Mountain Bike World Series** The elite cross country short track race in La Thuile, Italy.
12.30 AM **WRC Review**
1.30 LIVE **Formula E** Coverage of the Shanghai ePrix second free practice session staged at Shanghai International Circuit.
2.30 **UCI Mountain Bike World Series** From La Thuile, Italy.
3.30 LIVE **Formula E** The Shanghai ePrix qualifying session at Shanghai International Circuit.
5.15 **MotoGP Rewind**
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 4

414 416 524 411 434

6.00 AM **The Gallagher PREM**
12.00 NOON **The Gallagher PREM** Exeter Chiefs v Gloucester. **1.00** PM Bath v Bristol Bears. **2.00** Highlights from Leicester Tigers v Sale Sharks. **3.00** Action from Newcastle Red Bulls v Leicester Tigers. **4.00** Sale Sharks v Exeter Chiefs. **5.00** Gloucester v Harlequins. **6.00** Highlights from Bristol Bears v Northampton Saints. **7.00** Saracens v Bath. **8.00** Leicester Tigers v Gloucester. **9.00** Saracens v Exeter Chiefs.
10.00 **Unbreakable: England 2003** A look at England's Rugby World Cup-winning team of 2003.
11.30 **AFL** A chance to see Sydney Swans v Western Bulldogs. **1.00** AM A chance to see West Coast Eagles v Adelaide Crows.
2.30 **Wimbledon** The fifth day.
4.00 **Fishing: On the Bank**
5.00 **to 6.00** AM **Champions League**

Premier Sports 1

419 APP 528

6.00 AM **Sporting Greats**
7.00 **NASCAR Highlights**
8.00 **Top 14 Rugby Union Highlights**
9.00 **Rugby Junior World Championships** A replay of South Africa U20 v Georgia U20.
11.00 **Sporting Greats**
12.00 NOON **Rugby Junior World Championships** Another chance to see France U20 v Spain U20. **2.00** PM Australia U20 v Fiji U20.
4.00 **NHL Tonight** Highlights from the previous evening's NHL action.
5.00 **Swedish Speedway**
6.30 **Rugby Junior World Championships** Another chance to see England U20 v USA U20.
8.30 **Premier Sports Cup** Another chance to see Celtic v Rangers in the semi-final at Hampden Park.
11.00 **Premier Sports Cup** A replay of St. Mirren v Celtic in the final.
1.00 AM **Abu Dhabi T10 Cricket**
5.00 **to 6.00** AM **Sporting Countdowns**

Premier Sports 2

420 APP 529

6.00 AM **Transworld Sport** Magazine.
7.00 **Mass Participation**
8.00 **Rugby Junior World Championships** A replay of Wales U20 v Uruguay U20.
10.00 **Football's Greatest**
11.00 **Rugby Junior World Championships** A chance to see Argentina U20 v Ireland U20. **1.00** PM A chance to see New Zealand U20 v Scotland U20. **3.00** Italy U20 v Japan U20.
5.00 **Mass Participation** Highlights from the Le Marathon des Sables.
6.00 **World Surf League** Highlights from the Raglan Pro.
7.00 **Argentine Primera** A chance to see River Plate v Belgrano.
9.00 **Football's Greatest**
10.00 **German Cup** Bayern Munich v VfB Stuttgart in the final.
12.00 M'T **to 6.00** AM **Test Cricket** Another chance to see the fourth day of the first Test between Bangladesh and Pakistan.

Sky Sports F1

407 407 507 424 444

6.00 AM **F1 Features**
7.40 LIVE **F1 Academy** The British Grand Prix practice session.
8.35 **Lando Norris IV**
8.45 LIVE **Formula 3** The British Grand Prix practice session.
9.40 **F1 Features**
9.55 LIVE **Formula 2** The British Grand Prix practice session.
10.55 **F1 Features**
12.00 NOON LIVE **Formula 1** The British Grand Prix practice session.
1.55 PM LIVE **Formula 3** The British Grand Prix qualifying session.
2.40 **Ted on Kimi Antonelli**
2.50 LIVE **Formula 2** The British Grand Prix qualifying session.
3.35 LIVE **Formula 1** The British Grand Prix sprint qualifying session.
5.55 LIVE **F1 Academy** The British Grand Prix qualifying session.
6.40 **Formula 1** Action and features.
11.00 **Indycar** Honda Indy 200.
12.30 **to 6.00** AM **Formula 1**

Next week *On sale Tuesday 30 June*

Austin

In the return of the BBC1 sitcom, writer Julian (Ben Miller) gets news about his kids' books, while Austin (Michael Theo) makes a foray into the publishing world.

Little House on the Prairie

Netflix's adaptation of Laura Ingalls Wilder's semi-autobiographical novels about her early years in the American West stars Crosby Fitzgerald, Luke Bracey and Alice Halsey.

Trying

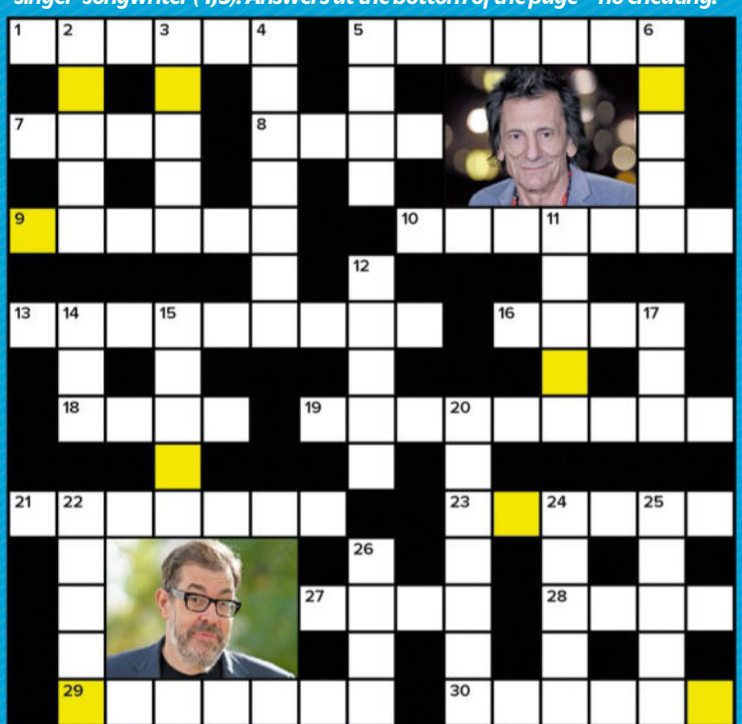
The fifth run of Apple TV's adoption comedy sees Jason (Rafe Spall) and Nikki (Esther Smith) dealing with the arrival of their children's biological mother, Kat (Charlotte Riley).

Unacceptable

Ed Gamble hosts TLC's panel show where comics vie to win over the studio audience with their controversial opinions. Joanne McNally and Richard Ayoade are team captains.

Crossword

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out the name of a Canadian-American singer-songwriter (4,5). Answers at the bottom of the page – no cheating!



ACROSS

1 ------ Norton, actor who starred in 1999 movie *Fight Club* (6)
5 Impressionist famous for *Dead Ringers*, Jon ------- (7)
7 English radio presenter and author, Simon ---- (4)
8 See picture clue: Guitarist with rock band The Rolling Stones, Ronnie ---- (4)
9 1999 Matthew Broderick film, *Inspector* ------ (6)
10 1983 sequel to *Saturday Night Fever*, ------- *Alive* (7)
13 Katherine ---------, actor in comedy *The IT Crowd* (9)
16 Artist, Dame Tracey ---- (4)
18 Mike Leigh *Play for Today* with Alison Steadman, ---- *in May* (4)
19 Brief ---------, 1945 movie starring Trevor Howard and Celia Johnson (9)
21 Pasha -------, former pro on *Strictly Come Dancing* (7)
23 Creator and star of TV comedy *Schitt's Creek*, ------ Levy (6)
27 U2 vocalist (4)
28 ---- Chaudhry, star of comedy *People Just Do Nothing* (4)
29 ------- Imbruglia, actor and singer who had a hit with *Torn* in 1997 (7)
30 2008 Coen brothers drama, *No Country for* --- --- (3,3)

DOWN

2 Motown singer, ----- Ross (5)
3 2004 romcom starring Ben Stiller, ----- *Came Polly* (5)
4 ------- *Abbey*, period drama starring Hugh Bonneville (7)
5 LL ---- J, rapper and host of *Lip Sync Battle* (4)
6 Daytime chat show on ITV1, *Loose* ----- (5)
11 Romcom from 2012 starring Emily Blunt and Ewan McGregor, *Salmon Fishing in the* ----- (5)
12 American singer and TV presenter, ----- Osmond (5)
14 --- Dowd, Aunt Lydia in *The Handmaid's Tale* (3)
15 ----- Jones, Nicola Adams' pro partner in *Strictly* (5)
17 Simon ---, *Men Behaving Badly* screenwriter (3)
20 David -------, actor who played Martin Luther King Jr. in 2015 film *Selma* (7)
22 See picture clue: Author and *House of Games* host, Richard ----- (5)
24 Motoring show with Jeremy Clarkson, *The* ----- *Tour* (5)
25 Dolly Parton musical film from 2012, *Joyful* ----- (5)
26 Bob ----, partner of Bing Crosby in the Road to... series of movies (4)

CROSSWORD SOLUTION
ANSWER: NEIL YOUNG ACROSS: 1 Edward 5 Culshaw 7 Mayo 8 Wood 9 Gadget 10 Staying 13 Parkinson 16 Emin 18 Nuts 19 Encounter 21 Kovalev 23 Eugene 27 Bono 28 Asim 29 Natalie 30 Old Men
DOWN: 2 Diana 3 Along 4 Downton 5 Cool 6 Women 11 Yemen 12 Donny 14 Ann 15 Katya 17 Nye 20 Oyelomo 22 Osman 24 Grand 25 Noise 26 Hope.

WORDS: CAREN CLARK. PHOTOS: APPLE TV, BBC, GETTY, NETFLIX, TLC

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Coming so

Martin Gilmour (Luke Evans)

The Party

FIRST LOOK

Luke Evans and Tom Cullen star in a thriller about tested loyalties

Politics, power and the complexities of a decades-long friendship are at the heart of ITV1's upcoming drama *The Party*.

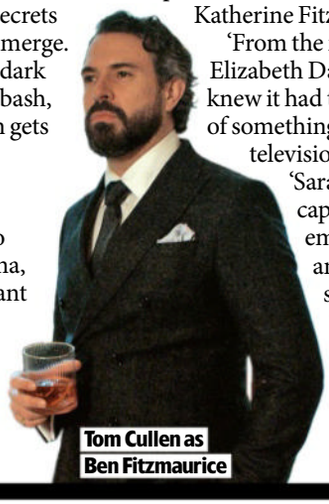
The five-part series, based on Elizabeth Day's novel, stars Luke Evans as journalist Martin Gilmour, who comes from a working-class background but won a scholarship to a boarding school, where he became pals with wealthy Ben Fitzmaurice (Tom Cullen), who is now a politician.

When a party is held at the Fitzmaurices' country estate to celebrate Ben's birthday, news of a political resignation leads the MP to contemplate a potential rise to the top. But Martin fears that if Ben places himself further in the spotlight, shocking secrets from their past will emerge. And as events take a dark turn at the glittering bash, a police investigation gets under way…

FAMILY TIES

Sarah Solemani, who has adapted the drama, plays Martin's pregnant wife Lucy, while Joanna Scanlan is his mother Sylvia, Lydia Leonard is Ben's wife Serena, and Douglas Hodge and Lindsay Duncan are his parents Lord George and Lady Katherine Fitzmaurice.

'From the moment I read Elizabeth Day's novel, I knew it had the makings of something special for television,' says Evans. 'Sarah's adaptation captures the emotional depth and tension of the story perfectly. *The Party* is a gripping exploration of loyalty, class, and the truths we hide.'



Tom Cullen as Ben Fitzmaurice

WHAT'S NEXT FOR…

Freddie Flintoff

In ITV1's two-part documentary **Freddie Flintoff: Understanding Tourette's**, the former cricketer will learn about the impact of the condition by speaking to people living with it and those trying to get a diagnosis.

Edward Bluemel

The actor will portray sleuth Hercule Poirot in BBC1's six-part drama **Hercule**, which explores three of Agatha Christie's stories and offers a fresh take as the Belgian detective solves his first cases between the wars.

Coming Back

The Marlow Murder Club is returning on U&Drama for a fourth six-part series, in which Judith Potts (Samantha Bond) and her pals will investigate deaths involving an amateur-dramatics society, a wake and a vineyard.

Emma Myers will reprise her role as intrepid investigator Pip Fitz-Amobi in a third and final four-part run of BBC3's crime drama **A Good Girl's Guide to Murder**, based on Holly Jackson's novels, which sees Pip hunt a killer.

Spy dramas to look forward to

Slow Horses

The sixth run of Apple TV's hit drama sees Jackson Lamb (Sir Gary Oldman, above) and his MI5 misfits in a world of vengeance.

Legacy of Spies

BBC1's take on John le Carré's novels stars Matthew Macfadyen (above) and Hugh Laurie, and follows spymaster George Smiley.

The Lords' Day

In Netflix's thriller, based on Michael Dobbs' book, Damson Idris (above) plays an ex-spy during a hostage situation at Parliament.

Standard Subscription rates (1 year) UK £185.93, Europe £72.69 Euros, USA $64813, Rest of World $64813. For inquiries, contact TV&Streaming Week Subscriptions, Freepost Future Plc, or email help@magazinesdirect.com. If you require any other issue(s) of Future Plc magazines, these are available online at magazinesdirect.com

WORDS: CAREN CLARK. PHOTOS: APPLE TV, BBC, GETTY, ITV, SHUTTERSTOCK, U&DRAMA

TV&Streaming week

121-141 Westbourne Terrace, London W2 6JR
Email tv&streamingweek@futurenet.com
For subscriptions inquiries, call 0330 333 1113
email help@magazinesdirect.com

Printed by Walstead UK Ltd

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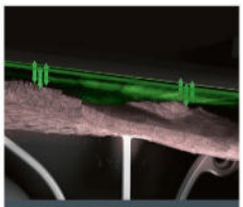

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